

ACKNOWLEDGMENTS

Funding for this directory was made possible by the New York State Office of Children and Family Services and Monroe County. The directory was prepared by staff of the Rochester-Monroe County Youth Bureau, a division of the Monroe County Department of Human and Health Services with input and guidance from various human service organizations, parents and youth. Special thanks to LIFE LINE, The Mental Health Association for advice on the project and review of the draft.

A special thanks to the many experts in the field who reviewed and edited the text of this guide.

For a copy of the Rochester-Monroe County Youth Bureau's Adult Guide to Youth Services, write R-MCYB, a division of the Department of Human & Health Services, 111 Westfall Road, Suite 814, Rochester, NY 14620 or call (585) 274-6823 or go to www.monroecounty.gov, click on Youth Bureau.

A NOTE FROM YOUTH TO YOUTH

When times are hard and you do not know how to talk to your parents about your problems, you can always rely on these Youth Yellow Pages for help. Take it from youth who know, the Youth Yellow Pages provide information on issues we're all facing, ranging from parents' divorce to sexually transmitted diseases. Whatever your concern, this pocket-size book lists contact information for organizations that can help. If you're ever in need, remember there are lots of caring people willing to support you. Find them in the Youth Yellow Pages!

With best wishes from the youth members of
Youth Voice, One Vision
(formerly the City-County Youth Council)



INTRODUCTION

As teenagers you are faced with various questions and decisions. The **YOUTH YELLOW PAGES** is a resource written especially for you.

This directory focuses on critical topics and offers information and contact numbers about services in our community. The **YOUTH YELLOW PAGES** will let you make choices and will give you the information you need to reach informed, individual decisions.

In addition to the numbers in this directory, there are many people in your life who can listen and be helpful...parents, family members, teachers, counselors, religious leaders or friends. Don't hesitate to ask for help. The **YOUTH YELLOW PAGES** is available to remind you that you are not alone. There are people who care. The **YOUTH YELLOW PAGES** does not list all community services available. It is meant to be a starting place.

In the back of the book you will find a place to write down names and numbers of people who have been helpful, whom you may want to call again. We did not include names of contact people in agencies as part of the **YOUTH YELLOW PAGES** because they often change.

ABOUT THE YOUTH YELLOW PAGES

This **YOUTH YELLOW PAGES**, revises and expands the *1991 Youth Yellow Pages for Monroe County* previously prepared by the Monroe County Department of Social Services. Representatives from various service agencies as well as youth, reviewed the content of this **YOUTH YELLOW PAGES** to help ensure that it provides accurate information and appropriate resources. This directory is modeled after a publication by Progressive Youth Center, St. Louis, Missouri entitled *Youth Yellow Pages 1990-91, Metropolitan St. Louis*.

7th Printing 2004

PRODUCTION NOTES

The **YOUTH YELLOW PAGES** is produced by the Rochester-Monroe County Youth Bureau with the support of community organizations and youth volunteers in response to identified community needs. Many who need services do not utilize them, mainly because they do not know the services are available and how to access them. Youth confirmed this concern for themselves during the Youth Speakout held by the Youth Bureau in May of 1990.

The **YOUTH YELLOW PAGES** does not include all services. It is meant to be a starting point for youth access. Attempts were made to identify services that were youth oriented and had no fees or limited fees.

Inclusion in the **YOUTH YELLOW PAGES** does not imply endorsement, nor does omission imply disapproval. No claim for total accuracy is made, since community information changes.

Cover design & layout by Denison Creative.

TABLE OF CONTENTS

Overview of the Youth Bureau	1
Other Directories/Resources	3
40 Developmental Assets	4
24 Hour Crisis and Emergency Numbers	8
How to Call for Information	10
Abuse/Violent Behavior	11
AIDS	14
Alcohol and Other Drugs	17
Bicyclists/Motorists	21
Caring For the Environment	24
Counseling	25
Death and Loss	28
Divorce	30
Draft (Military Service) Registration	32
Eating Disorders/Weight Problems	33
Education	35
Employment	38
Health Care/Wellness	43
Homework Help	46
The Law and You	49

TABLE OF CONTENTS, continued

Libraries	53
Out of School Youth	55
Parents	57
Peer Pressure	60
Pregnancy	62
Rape or Sexual Assault	65
Running Away or Homelessness	68
Sexual Abuse	70
Sexuality/Birth Control	72
Sexually Transmitted Diseases	75
Stress	78
Suicide	79
Support Groups	81
Teen Parenting	82
Things to Do	86
Transportation	92
Volunteering and Community Service	93
Voting/Political Action	95
Youth Action, Empowerment and Leadership	96
Youth with Disabilities	98
Index of Agencies	101

OVERVIEW OF THE YOUTH BUREAU

The **YOUTH YELLOW PAGES** is produced by the Rochester-Monroe County Youth Bureau, a county youth services planning, funding and coordinating agency dedicated to developing, implementing and evaluating a comprehensive county wide system of services for youth in the Rochester and Monroe County community.

We believe youth and their families deserve the best services possible so we:

- help plan and coordinate services for youth
- assess youth needs to determine funding priorities
- promote partnerships with agencies to provide comprehensive services
- provide funding to youth service agencies
- monitor and evaluate Youth Bureau funded programs to ensure quality services
- coordinate Runaway and Homeless Services for youth
- study/examine different segments of the youth services system & issues that affect youth
- advocate for legislation, systems change, and funding to improve and assist the youth services system

The Rochester-Monroe County Youth Bureau is dedicated to the development of youth and promotes Asset Building through Positive Youth Development throughout Monroe County. Please see pages 4 – 7 for more information about Asset Building and the 40 Developmental Assets, key building blocks for young people to grow up healthy and successfully.

For more information call:

The Rochester-Monroe County Youth Bureau,
a division of the Department of Human & Health
Services

111 Westfall Road, Suite 814
Rochester, New York 14620

Phone: (585) 274-6823

Fax: (585) 292-3970

website: www.monroecounty.gov, click on Youth Bureau

40 DEVELOPMENTAL ASSETS

Listed here are the 40 Developmental Assets that the Search Institute has identified as the key building blocks essential for young people to grow up healthy and successfully. Much of what you'll read seems like common sense; unfortunately, it is not always common practice.

Assets have a tremendous power to protect youth. Findings from the Asset Surveys for youth in 6th to 12th grades across the country show:

- **Youth who have the most assets are least likely to engage in high-risk behaviors such as drug use, violence and sexual activity.**
- **Youth who have more assets have increased chances of having positive attitudes and behaviors, such as succeeding in school, valuing diversity, delaying gratification and maintaining good health.**

While assets appear to have a powerful influence in young people's lives and choices, too few young people have these benefits—across all cultural and socioeconomic groups.

- **On average, young people experience only 18 of the 40 assets.**
- **Assets decrease as youth get older.**
- **Boys have fewer of these assets than girls do.**
- **Currently, only 8% of young people can claim at least 31 of the 40 assets.**

All of us need to assist all youth so they benefit from at least 31 of these essential supports. Everyone can be an asset-builder, including youth. It simply requires spending time

DIRECTORIES

Check with your local library for other resources.

Name	Author	Focus	Cost
Finding Your Way	Mental Health Assoc. 325-3145, TTY 325-4301	lists counseling services in Monroe Co.	free
Self-Help Directory	Mental Health Assoc. 325-3145, TTY 325-4301	describes local self-help groups, location, etc.	\$3.00
Student Volunteer Directory	American Red Cross 241-4490	lists volunteer opportunities online: www.generatingivaback.org	free
Support Group Directory	Mental Health Assoc. 325-3145, TTY 325-4301	lists over 200 support groups	\$15
Homeless Guide	FOODLINK, Inc. 328-3380	free online at : www.monroecounty.org	reference at library
Mentoring Directory	Roch. Mentoring Roundtable	listing of all shelters and housing and support lists membership services for youth	free

together, building relationships, being intentional about nurturing positive values and reinforcing commitments. Asset-building needs to be continuous, reliable and consistent throughout a youth's childhood and teen years.

EXTERNAL ASSETS

SUPPORT

1. Family support

Family life provides high levels of love and support.

2. Positive family communication

Young person and parents communicate positively, young person is willing to seek advice and counsel from parents.

3. Other adult relationships

Young person receives support from three or more non-parent caring adults.

4. Caring neighborhood

Young person experiences caring neighbors.

5. Caring school climate

School provides a caring, encouraging environment.

6. Parent involvement in schooling

Parents are actively involved in helping young person succeed in school.

EMPOWERMENT

7. Community values youth

Young person perceives that adults in the community value youth.

8. Youth as resources

Young people are given useful roles in the community.

9. Service to others

Young person serves in the community one hour or more each week.

10. Safety

Young person feels safe at home, school and in the neighborhood.

BOUNDARIES & EXPECTATIONS

11. Family boundaries

Family has clear rules and consequences and monitors youth's whereabouts.

12. School boundaries

School provides clear rules and consequences.

13. Neighborhood boundaries

Neighbors take responsibility for monitoring young people's behavior.

14. Adult role models

Parent(s) and other adults model positive, responsible behavior.

15. Positive peer influence

Young person's friends model responsible behavior.

16. High expectations

Both parent(s) and teachers encourage the young person to do well.

CONSTRUCTIVE USE OF TIME

17. Creative activities

Young person spends 3 or more hours weekly in lessons or practice in music, theater or other arts.

18. Youth programs

Young person spends 3 or more hours weekly in sports, clubs or organizations at school or in the community.

19. Religious community

Young person spends one or more hours weekly in activities in a religious institution.

20. Time at home

Young person is out with friends with "nothing special" to do for two or fewer nights per week.

INTERNAL ASSETS

COMMITMENT TO LEARNING

21. Achievement motivation

Young person is motivated to do well in school.

22. School engagement

Young person is actively engaged in learning.

23. Homework

Young person reports doing at least one hour of homework every school day.

24. Bonding to school

Young person cares about his or her school.

25. Reading for pleasure

Young person reads for pleasure at least 3 hours a week.

(continued on next page)

POSITIVE VALUES

26. Caring

Young person places high value on helping other people.

27. Equality and social justice

Young person places high value on promoting equality and reducing hunger and poverty.

28. Integrity

Young person acts on convictions and stands up for her or his beliefs.

29. Honesty

Young person "tells the truth even when it is not easy."

30. Responsibility

Young person accepts and takes personal responsibility.

31. Restraint

Young person believes it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES

32. Planning and decision making

Young person knows how to plan ahead and make choices.

33. Interpersonal competence

Young person has empathy, sensitivity and friendship skills.

34. Cultural competence

Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.

35. Resistance skills

Young person can resist negative peer pressure & dangerous situations.

36. Peaceful conflict resolution

Young person seeks to resolve conflict non-violently.

POSITIVE IDENTITY

37. Personal power

Young person feels he or she has control over "things that happen to me."

38. Self-esteem

Young person reports having high self-esteem

39. Sense of purpose

Young person reports that "my life has a purpose."

40. Positive view of personal future

Young person is optimistic about his or her personal future.

24 HOUR CRISIS & EMERGENCY NUMBERS

When you don't know where to call, **LIFE LINE** is available **24 hours** a day, **7 days** a week, for information and referral to services in our community, as well as short-term telephone crisis counseling about such things as medical emergencies, suicide, poison control.

LIFE LINE 275-5151, 275-2700 (TTY)

Poison Control 1-800-222-1222, 273-3854 (TTY)

Police/Fire Emergency 911 - Also TTY

Alternatives for Battered Women 232-7353 -Also TTY

Metro Teen Help Line 1-888-YOUTH-CALL
(operated by Life Line)

Monroe County Child Abuse Hotline 461-5690
274-6865 (TTY)

NYS Child Abuse Hotline 1-800-342-3720
(Spanish-speaking also) M-F 9-5 1-800-638-5163 TTY

Rape Crisis Service Safe Center 546-2777
Mon. to Fri. 9 am - 5 pm 546-7582 (TTY)

For Pregnancy Counseling:

CARE (8 am-10 pm every day) 1-800-CARE-002

Planned Parenthood of Roch/Syr. 1-866-600-6886

LIFE LINE 275-5151, 275-2700 (TTY)

Information & Referral:

NYS Relay Center 711 or 1-800-662-1220 (TTY)

1-800-421-1220 or 711 (hearing)

(free telephone relay for the deaf and hard of hearing)

Monroe County Drug Helpline 275-0505 (24Hr)

(Operated by LIFE LINE) 275-2700 (TTY*)

The Legal Connection 295-5670

Monroe County Department of Children and Family Services (585) 530-KIDS (5437), 530-5436 (TTY*)

Programs offered to children and families. Included are Early Intervention Services, the Community Health Worker Program, Family Bereavement, WIC, Pediatric and Adult Immunizations, School Health, Lead Poisoning Prevention, Education for Children with Disabilities and Children with Special Health Care Needs. Call for more information.

TTY is a telephone communication system for the deaf and hard of hearing.

HOW TO CALL FOR INFORMATION

When calling for information about services, use this simple call guide. Have paper and pen or pencil ready to write down names, phone numbers and information that you need to know, such as when your appointment is, what you should bring with you, and exactly with whom you will be meeting.

Begin by saying "I would like to talk to someone about ..." and then state your need, whether you want information about a medical problem or housing, are seeking a source for jobs, or looking for other resources.

Things to ask:

- Who is the person I need to speak with?
- How much does it cost?
- When are you open?
- What services do you provide?
- Do I need an appointment?
- What do I need to bring? (birth certificate, insurance, etc)
- Do I need my parents' permission?
- Where are you located...address, room number?
- How do I get there?

If the person you need to speak with is unavailable, leave your name, telephone number and message or ask when you can call back. If you don't hear from someone or you have difficulty getting in touch with the person you were told to call, keep trying or CALL ANOTHER AGENCY.

Whatever you do, DON'T GIVE UP TRYING TO GET HELP!

10

ABUSE/VIOLENT BEHAVIOR

Violence means using force to hurt or control someone or break or damage something. Some people get very angry and lose control. They may throw things, punch a wall or hit somebody. They may even be sorry afterwards. If you, a family member or a friend has been slapped, hit or pushed, or your behavior is out of control or violent, it is time to seek help. **No one deserves to be hurt!** There are times when abuse is emotional, not physical. In these situations someone may be threatening you verbally or treating you in a way that makes you feel fearful for your safety or believe you will be hurt.

If you, or someone you're with, is hurt or in danger, get away and get help from a friend or neighbor. Call **911** to ask for police assistance.

If there is no emergency but you are afraid of being hurt physically or emotionally by a friend or family member, talk about it with someone who will listen and believe you, or call one of the numbers listed. It is common to have mixed feelings about someone who is violent towards you. It is important to tell someone and not keep secrets even if the person promises not to do it again. People who abuse or hurt others need to get help. By telling someone, you begin to take control of the situation and begin to help yourself.

You may have heard a lot about or know someone involved in domestic violence (family or household violence) and think this occurs only between married people or adults who are living together, but some teens are also involved in **abusive**

11

dating relationships. These relationships can be very difficult to end. Talk to a family member or someone you respect, or seek counseling. You may be in an abusive relationship if you:

- are frightened of your partner's temper
- find yourself apologizing to yourself or to others for your partner's behavior
- have been hit, kicked, shoved or had things thrown at you by your partner when he or she was jealous or angry
- make plans/decisions about activities/friends based on what your partner wants or how your partner will react
- have been abused as a child or seen your parent abused
- are treated badly or embarrassed in front of others by your partner
- agree to have sex, even if you are uncomfortable about it

If there are times when you feel as though you're losing control, you can learn other ways to deal with stress, tension and anger. (See COUNSELING on page 25)

For more help or information call

Alternatives for Battered Women 232-7353
(Voice/TTY*) (24 hr)
(information, counseling & shelter; groups for teens in abusive relationships)

Rochester Safe Start (Life Line) 275-5151
for people affected by violence

Roch. Rehabilitation Center: MENS 271-5842
Education for Non-Violence Workshop (18 + up)

12

LIFE LINE 275-5151 (24 hr)
275-2700 (TTY*)

Society for the Protection and Care of Children 325-6101

To officially report child abuse call these 24 hour numbers:
Monroe County Department of Social Services Child Abuse Hotline (local no.) 461-5690
274-6865(TTY*)

New York State Child Abuse and Maltreatment Register 1-800-342-3720
1-800-638-5163 (TTY*)
Mon. to Fri., 9 am to 5 pm
(Spanish-speaking also)

To get information about an Order of Protection or Restraining Order against adult family members call:

Legal Aid Domestic Violence Program 232-4090
M.C. Domestic Violence Bureau 428-5166
M.C. Probation Domestic Violence Intake 428-5606



13

AIDS/HIV

AIDS (Acquired Immune Deficiency Syndrome) is a deadly disease caused by a virus called HIV which shuts down the body's immune system. This means it breaks down the body's ability to protect itself from infection and disease. A person infected with the AIDS virus (HIV) will continue to grow weaker and weaker. There is no cure for AIDS. The AIDS virus (HIV) may live in the human body for years and can be spread to others before any symptoms appear.

AIDS virus (HIV) only lives in certain body fluids: BLOOD, SEMEN, VAGINAL SECRETIONS AND BREAST MILK. This means you will not get the AIDS virus (HIV) from a handshake, a hug, a cough or sneeze, sweat or tears, a toilet, eating utensils or a telephone.

The most common ways the AIDS virus (HIV) is spread are:

- unprotected sex (vaginal, anal & oral) with someone who is infected
- sharing use of infected needles (primarily IV drug use, but also possible from ear piercing, tattoos, steroids)
- from an infected pregnant mother to her baby during childbirth and possibly by breastfeeding
- through a blood transfusion that used contaminated blood or blood products prior to 1985

Remember, you can't tell if people are infected by the way they look. The more sexual partners you have, or your partner has, the greater the chance you have of becoming infected with the AIDS virus (HIV) and other sexually transmitted diseases. (See SEXUALLY TRANSMITTED DISEASES on page 75).

14

The best and safest way for you to protect yourself against infection with the AIDS virus (HIV) is to not have sex and not use drugs. You can get the AIDS virus (HIV) from just one sexual experience. If you choose to have sex, there are ways to protect yourself, such as always using a latex (rubber) condom (as well as a spermicide) and not having sex with people who have sores, blisters, or open cuts around their mouth or sex organs. Keep in mind that condoms can't be counted on 100%. It is possible that you can become infected with the AIDS virus (HIV), even if you use a condom.

There is currently no cure for AIDS. As a teenager, you need to, and can, take responsibility for protecting your own health. A few good choices now can help you avoid many serious problems later.

For more information on preventing and treating AIDS, call

Action for a Better Community 262-4330
Action Front / AIDS Education Program

AIDS Rochester, Inc. Hotline 442-2200 (also TTY*)

American Red Cross 241-4400

Baden Street Settlement AIDS Project 325-8130

Black Leadership Comm. on AIDS/Baden 325-4910

Catholic Charities/Community and 339-9800

Resident Services 339-9806 (TTY*)

Centers for Disease Control

National STD Hotline 1-800-227-8922

Community Health Network, Inc. (CHN) 244-9000

15

Gay Alliance of the Genesee Valley 244-8640

Hemophilia Center 922-5700

Monroe County Sexually 464-5928

Transmitted Disease Clinic

NYS Dept. of Health-HIV 423-8081, 423-8120 (TDD*)
Counseling and Testing toll free: 1-800-962-5063

Puerto Rican Youth Development 232-1670
& Resource Center - AIDS Program

Threshold 454-7530
(12 - 18 free services, 19+ sliding scale)

There are a number of free or low cost STD/HIV clinics in Monroe County. No appointment is needed. If you want more information about **clinic services**, call **464-5928**.

*TDD and TTY are telephone communication systems for the deaf and hard of hearing.



16

ALCOHOL & OTHER DRUGS

Everyone is exposed to the temptation to try alcohol or other drugs. Some people experiment for curiosity, kicks, boredom, peer pressure or to escape problems in their lives. Alcohol and other drugs can gradually begin to take control of your daily life. Physical or mental dependence can sneak up on you! It is important to talk to your parents or someone else you trust if you or someone you know is facing an alcohol or drug problem.

You can't be sure how you and your body will react to using alcohol or other drugs. It will depend on what you use and how much. Permanent damage can happen at any point...even with the first use of some drugs.

It is important for young people to know the risks. When used in large amounts, over a long period of time, or in the wrong combinations, alcohol and other drugs can kill. The dangers of experimentation are:

Overdose	Addiction
Physical Illness	Death
Accidents	Mental Impairment

Sometimes using drugs or alcohol seems like a good idea. There may be situations that you face at home or with your friends that make you feel bad, or that you want to make go away, or you just want to fit in. You may think that using alcohol or drugs will "make it better." You have a choice about using alcohol or other drugs. Sometimes it may be necessary to make a choice for yourself that is different from the choices others make. You—not others—are in charge of your choices. (See PEER PRESSURE on page 60.)

17

Living in a Family That Uses Drugs

Growing up in a family where a parent has an alcohol and/or other drug problem is one of the major family problems in our country today.

It may be difficult to get along with your parent who has the drug problem because s/he is not really able to think straight. Being under the influence of drugs may make him/her unfair, yell a lot, be unable to show love, and be neglectful of you or embarrass you in front of friends. Even if your parent makes decisions when not under the influence of alcohol and other drugs, his/her thinking is still affected by the many times s/he has used alcohol and other drugs.

In families where a parent is drugged up you may have been told, or just know without being told, that the rule is, "It is *not* OK to talk about what is going on in the family; *not* with other family members and *not* with outsiders."

This rule prevents you from getting the help you need with your painful feelings. It also keeps the family from having the chance to get help. You are not responsible for your parent(s)' drug problems, and you cannot prevent or stop their drug use. You *can* take responsibility to get the help you need to understand and deal with this situation. If you think that you or someone you care about may have an alcohol or other drug problem, it is important to get information about how to help yourself. Talk to someone who will listen to you—a parent, school counselor, religious leader, family doctor, or see COUNSELING, page 25.

For an alcohol or drug related emergency, call 911 or get to

18

Other resources:

Family Wellness Center, Brockport and Monroe County	637-0450
National Council on Alcoholism & Drug Dependency for the Roch. Area	423-9490
Native American Cultural Center	442-1100
Youth to Youth of Huther-Doyle Prevention Services (Prev. Partners)	381-4810
Stop Smoking Resources:	
American Cancer Society	288-1950
American Lung Association	442-4260
American Heart Association	461-5590
Cancer Action	423-9700
Baby's Breath Program (group, free) Smoking Cessation Clinic (fee-Blue Cross, co-pay)	
Family Wellness Center, Brockport	637-0450
New York State Smokers Quitsite www.nysmokefree.com	1-866-NY-QUITS (1-866-697-8487)
Park Ridge Chemical Dependency	272-8311



20

a hospital emergency room. See EMERGENCY ROOMS on page 67 or call the following:

Monroe County Drug Helpline 275-0505 (24 Hrs)
(Operated by LIFE LINE) 275-2700 (TTD*)

For specialized help you may want to call

Al-Anon/Al-Ateen Family Groups 288-0540
(groups for teenagers with an alcoholic parent, family member or friend) (taped message)

Alcoholics Anonymous 8 am to 10 pm, 232-6720
(special groups for young people who are alcoholic)

Substance and Alcohol Intervention Services for the Deaf 475-4978 (V/TTY*)

For drug-free youth programming and socialization activities and youth empowerment, check with your school for information about a SADD (Students Against Drunk Driving) chapter or call:

Youth to Youth of Huther Doyle Prevention Services (formerly Prevention Partners) 381-4810

For more information about alcohol and other drugs, or about getting help with an alcohol or drug problem, call:

The Center for Youth	271-7670
Delphi Drug and Alcohol Council	467-2230
Family Service of Rochester	232-1840
Huther-Doyle Memorial Institute	325-5100
Threshold Center for Alt. Youth Services	454-7530
Puerto Rican Youth Development (PRYD)	325-3570

19

BICYCLISTS/MOTORISTS

RULES FOR SHARING THE ROAD

These rules apply to bicyclists and motorists (cars, trucks, vans, and all other motor vehicles using the roadways.)

BICYCLISTS

Safe positions on the road:

- Ride with the flow of traffic. It's the law...and the safest way to ride.
- Use the right side of lane for a right turn.
- Use left side of a lane when turning left.

Obey all stop signs and traffic lights

Be predictable and communicate:

- Don't make sudden turns.
- Use hand signals to signal turns, lane changes and stops.
- Eye contact is an important communications tool.

Do a bicycle safety check regularly:

- Handle bars and seat tight? Brakes work? Tires inflated with good tread? Any loose parts? Wheel straight with no wobble?

Ensure visibility. BE SEEN.

- Wear brightly colored clothing.
- Ride on the right, with the flow of traffic, so vehicles know where to look for you.
- NYS law requires all bicyclists to use a white headlight and a red tail light at night.

21

Keep it simple and safe

- Ride single file so there is room for cars and trucks to pass safely.

Remember: helmets save lives!

- Most injuries on bicycles occur from falls, not from being hit by a car.
- All bicyclists and in-line skaters under the age of 14 are required to wear an approved bicycle helmet.
- Helmets should be worn by all bicyclists, regardless of age and abilities

Passengers

- Never carry a passenger unless the bicycle has a passenger seat.

MOTORISTS

Share the road and the rules

- The RULES OF THE ROAD apply equally to motorists and bicyclists.

Right of way

- Bicycles have the same rights as all other vehicles.
- You **MUST** yield the right of way to a bicyclist—just as you would to any other vehicle.

Caution is key

- Approach bicyclists with caution.
- Slow down and give them room.
- Beware: air blasts from fast-moving vehicles can throw a bicyclist off balance.

22

Don't blow your horn needlessly

- Don't blow a horn near a cyclist except in an emergency. Automobile horns can startle a bicyclist, causing them to swerve—possibly into your path.

Watch those turns

- Before you make a turn, look for bicycles on the right side of the road. Bicyclists are often cut off by motorists making right turns.

Think fast

- Bicyclists are often going faster than you think. Don't try to make a turn in front of a bicycle before it passes.

Road debris

- Be aware that a bicyclist may react to road hazards that a motorist can't see—broken glass, loose gravel, puddles or potholes. Remember to give them plenty of room to move around such debris and hazards.



SOURCE: Genesee Transportation Council
Information adapted from Chapter 11 of the New
York State Department of Motor Vehicles
Driver's Manual

23

CARING FOR THE ENVIRONMENT

More and more people are getting excited about caring for our environment. Young people also have an important part to play in conserving our resources. Every bit you do helps save natural resources and landfill space.

Some things you can do to help are:

- recycle paper, aluminum, plastic and glass
- use less hot water
- buy reusable items instead of disposables
- start a recycling program at your school
- use the recycling bin (Blue Box) to recycle
 - mixed metal cans
 - aluminum cans
 - container glass (no caps): clear, green (no brown)
 - gable-top containers (milk cartons, drink boxes, etc.)
 - # 1 and #2 plastic
 - Newspapers, inserts, magazines, catalogues

For more information about what you can do to help, call the following resources:

City of Rochester 24-Hour Service Line 428-5990

M.C. Environmental Information Serv. 760-7600

for more information see: www.monroecounty.gov

Chet the Cheetah Recorded Information 340-2438

Line (also www.chetthecheetah.org) 760-7605 (TTY*)

Environmental Information Center 262-2870

Sierra Club 244-2625

24

COUNSELING

No one feels good all the time. Everyone, at times, has strong, uncomfortable or angry feelings about things going on in their lives. When you have these feelings, try talking with your parents or someone else you trust first. If it can't be worked out with them, counseling can help.

Counseling can help you change many of your uncomfortable feelings into more comfortable ones. Other times, people talk with counselors to help them with decisions they are trying to make or problems they are trying to solve. Through counseling, you learn to better understand your feelings. What's more, counselors treat your conversations as special and private. Only in emergency situations (child abuse or threats of suicide/homicide) would a counselor need to report to someone else something you said.

When do I need Counseling?

If things you are feeling or doing begin to interfere with your normal everyday activities, you may need counseling. The following are signs you may need support.

- Sudden changes in mood or behavior
- Depression—feeling unhappy for a long time
- Anxiety—strong feelings of fear or nervousness
- Loss of temper over small things
- Physical aches and pains that have no known physical cause
- Dropping grades

Who does Counseling?

The best helper for you is someone who won't put you down

25

for your feelings. Sometimes friends or relatives can help by listening to your problems and not judging you.

Sometimes problems seem too hard or too personal to share with someone close. In that case, it's smart to talk things through with a counselor individually or in a group.

Where do I Find Counseling?

There are many places to go for counseling. It may be helpful to talk with your parents, teachers, guidance counselor, school nurse or clergy about where to go for help. If you are still not sure of where to go, The Mental Health Assn. has a guide to finding mental health services. Call 325-3145 for a copy of "Finding Your Way".

The following provide counseling services, many geared specifically for youth. When you call ask about needing parental permission for services, whether there is a fee and how much, and how to make an appointment.

Baden Street Settlement House	325-4910
**Catholic Family Center	546-7220
The Center for Youth	1-888-617-KIDS (5437)
Center, Main Office	271-7670
Center, North	342-6373
Charles Settlement House	328-5453
Community Place of Greater Rochester	288-0021
Family Services, formerly Lewis St.	327-7200
Youth Dev. Svcs., formerly Genesee St.	288-1830

**Family Service of Rochester	232-1840
	232-1237 (TTY*)
Gay Alliance of the Genesee Valley	244-8640
Greece Youth Bureau	663-0200
Henrietta Youth Bureau	359-2540
IBERO Family Support Unit	454-1430
**Jewish Family Service of Rochester	461-0110
Montgomery Neighborhood Center	436-3090
Park Ridge Youth Outreach	
Hilton	392-5945
Spencerport	352-3050
Samaritan Pastoral Counseling Center	473-2671
Pittsford Youth Services	248-6299
Puerto Rican Youth Development (PRYD)	325-3570
**Threshold Center for Alt. Youth Services	454-7530
Urban League of Rochester	
Family and Children Services Division	325-6530

* TTY is a telephone communication system for the deaf and hard of hearing.

** These agencies charge a fee based upon income.

DEATH AND LOSS

When someone close to you dies, you may be overwhelmed with feelings of anger, hurt, sadness and uncertainty. It is a painful and confusing time. The problem of what to say and how to talk about your feelings is one of the most difficult that you can face. You may even be afraid of saying or doing the wrong thing.

When someone you care about dies, you may have lots of different feelings, many at the same time, including surprise, disbelief, anger, guilt, loneliness, depression and sadness. Each person reacts to death in his or her own way. Some cry, some get angry, some get quiet and go off by themselves and some act like nothing happened. How you grieve is a personal thing and does not measure how much you cared about the person, only how you handle or express your feelings.

Your feelings will go back and forth. Sometimes things around you like a smell, a song, a holiday, will trigger some feelings and memories.

It is important to talk about your feelings with family or a friend or someone you feel will listen to you. Sometimes it is hard to talk with someone about how you feel. By keeping these feelings inside and not expressing them, you could experience headaches, loss of appetite, mood swings, fear, loneliness, depression and anger.

If you know someone who has lost a loved one, you may want to do something for the family and friends that the

person left behind. The following are some suggestions of things that you can do.

- run an errand
- mow the lawn or take care of the garden
- feed a pet or walk the dog
- bring flowers
- help with household chores...laundry, vacuuming, dusting
- babysit the children or take a child for a walk
- wash the car
- listen if they want to talk

Remember that there are people out there who can help you as you struggle with the death of someone. (See COUNSELING p. 25) Schools and religious organizations may have support groups to help you deal with the death of someone. Call the following for a list of support groups.

LIFE LINE	275-5151
	275-2700 (TTY*)

The Mental Health Association	325-3145
Clearinghouse for Self Help Groups	

Kids Adjusting Through Support (KATS) 624-5555
a program of Camp Good Days (a support group for children who have lost or have a seriously ill parent, sibling or family member)

Families and Friends of Murdered Children 428-2265

* TTY is a telephone communication system for the deaf and hard of hearing.

DIVORCE

If your parents are separated, going through a divorce or have recently remarried, you may be feeling confused, angry, guilty, frustrated, sad or lonely. If you haven't experienced this yourself, you probably have a friend or know someone who has. Separation and divorce hurts. It hurts the parents *and* the children. This is a difficult time for all family members. It is hard for children to accept that no matter how good they are, how great their grades are, or how bad they act, they don't have any power to make their parents' relationship better or to bring them together. It also is hard to understand that even if your parents no longer love each other or get along, that doesn't change their love for you. To help you deal with your feelings, there are programs that can help you. Or talk with your parents, family members, clergy, teacher or a concerned friend.

Check with your school counselor to see if your school offers a support group for young people who are experiencing feelings about divorce, separation and/or remarriage. You may be surprised to find out how many people have gone through or are experiencing what you are. (Also see COUNSELING, p. 25).

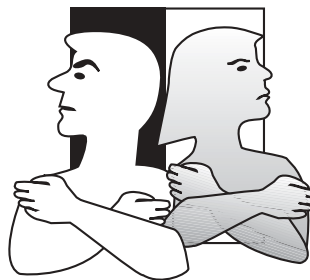
Parent Dating

Once your parents' breakup is final, at some point one or both of your parents may start dating. Young people feel differently about this, although many agree it's strange to see their mother or father with a different man or woman at first. Some youth want to see their parent(s) meet others and start dating;

others may feel scared, jealous, angry or resentful of the person the parent is dating. Some youth believe that this new person may become more important to their parents than they are. Often, it is just as difficult and strange for parents to start dating as it is for their children to see them dating. Remember, just as you need friends your age, your parents need someone their age to share and do things with. Share your feelings with your parents.

Stepfamilies

Many young people live in "step" or "blended" families. This is a situation in which a parent remarries someone who also has a family and the two households join. For some young people their "new family" is an enjoyable one; others struggle with getting used to the situation and others feel they can not accept or are not accepted by their "new family." Try to talk with your parents about this or someone else you respect and trust, or see COUNSELING, page 25.



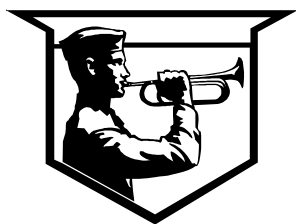
30

31

DRAFT (MILITARY SERVICE) REGISTRATION

The law requires that all males, register for the draft (Military Service) within 30 days of their 18th birthday. You may register for the draft at any US Post Office. As of publication, there is no draft. However, if there is one, and you are drafted, you will have 10 days to appeal.

If you think you have religious or moral objections to military service, you need to understand what your rights and responsibilities are. Draft counseling is available through some churches.



32

EATING DISORDERS/ WEIGHT PROBLEMS

There is a lot of talk these days about being healthy. Eating light, dieting, aerobic exercise and running are popular ways to keep a body healthy. Maintaining the right weight for your body size and build is a healthy thing to do. Eating well balanced meals in reasonable amounts is the best way to stay healthy.

Eating, or not eating, to feel better about oneself or to avoid feelings, is not healthy. Early warning signs that require further evaluation include **poor eating habits, excessive dieting, vomiting or using laxatives to control weight, a disturbed body image, conflict with family or friends over eating.**

Anorexia Nervosa is an eating disorder in which people think they are too heavy but they really are quite thin. They try to starve themselves or eat very little because they do not want to gain weight.

Bulimia is an eating disorder in which people make themselves throw up their food after eating just to make sure they will not gain any weight.

Some people have a problem with **Compulsive Overeating**. This is a condition in which people eat more and more and become heavier and heavier. Often this kind of eating is not because of hunger, (although people may say or think they are hungry) but for many different reasons such as being upset or worried about something, needing attention or not feeling good about one's self.

33

Adolescents or young adults with suspected eating problems should contact their primary care doctor to discuss their concerns. If necessary, the doctor may suggest contacting the Adolescent and Young Adult Medical Group at the Golisano Children's Hospital at Strong for further evaluation and treatment. These are professionals with skills in treating eating disorders and training in adolescent health. They provide a comprehensive team of adolescent medicine, nursing, nutrition and mental health professionals to help the individual and the family deal with this difficult problem.

There is a monthly support group, free and open to all family and friends of those with eating disorders, on the third Tuesday of the month, 6:30 to 8:00 pm, in the lobby of Helen Wood Hall, 220 Crittenden Blvd.

For comprehensive services:

Strong Adolescent Medicine 275-2964
601 Elmwood Avenue, Box 690, Rochester, NY 14642

For information and support:

Anorexia Nervosa and Associated Disorders (ANAD)
847-831-3438 (www.anad.org)
P.O. Box 7, Highland Park, IL 60035

National Eating Disorders Association (NEDA)
1-800-931-2237 (www.nationaleatingdisorders.org)

Eating Disorders Awareness and Prevention (EDAP)
www.edap.org

EDUCATION

Getting an education is one of the most important things a young person can do. Staying in school and graduating is the best way you have of reaching your goals for the future. In New York you are required to attend school from the ages of 6 to 16. You must attend school for the entire school year in which you turn 16. You have a legal right to attend public school up to age 21.

If things are happening in your life that make staying in a regular school seem impossible, you don't have to give up. Talk to your parents or to your teacher or counselor. There are many services available to help you finish your education. Call the places listed below for more information.

FOR TUTORING ASSISTANCE CALL OR TALK WITH YOUR GUIDANCE COUNSELOR/SCHOOL COUNSELOR OR CALL ONE OF THE FOLLOWING:

Baden Street Settlement	325-4910
Boys & Girls Club of Rochester	328-3077
Catholic Youth Organization (CYO)	454-2030
Community Place of Greater Rochester	288-0012
Family Serv. Unit (was Lewis St. Center)	327-7200
LDA Life & Learning Services	263-3323
formerly (Learning Disabilities Association)	
Puerto Rican Youth Development and Resource Center (PRYD)	325-3570
Threshold Center for Alt. Youth Services	454-7530
Urban League of Rochester	325-6530

FOR HELP WITH YOUR HOMEWORK:

Homework Hotline (WXXI and Cable 11, M-Th 5:30-6)
Dial-A-Teacher (M - Th, 3:30 pm to 7 pm) 262-5000
LDA Life & Learning Services 263-3323

FOR G.E.D. (GENERAL EQUIVALENCY DIPLOMA) & ADULT BASIC EDUCATION (ABE):

Action for a Better Community 325-5116
Baden Street Settlement House 325-4910

BOCES I (Eastern County)
Continuing Education Dept. (18+) 377-4660
BOCES II (Western County) (18+) 352-2400

The Family Place 458-2208 x16

LDA Life & Learning Services 263-3323
formerly (Learning Disabilities Association)

MCC STAGE Program 262-1683

Monroe Community College (24-hour) 292-2200

Peter Castle Family Resource Center 467-8130

Rochester City School District 262-8327

SUNY Brockport Roc. Educ. Opp. Center 232-2730

Threshold Center for Alt. Youth Services 454-7530

FOR VOCATIONAL TRAINING

BOCES I 377-4660

Continuing Education Program (18+)

BOCES II 352-2400

N.Y.S. Education Department Office of 238-2900

Vocational Rehabilitation (VESID) 325-6278 (TTY*)
and Educational Services for Indiv. with Disabilities

SUNY Brockport Roc. Educ. Opp. Center 232-2730

Rochester City School District

Apprenticeship Program 262-8327

Continuing & Community Education Program for Adults (16+) 262-8327

This is only a partial listing of the services available to help you continue your education. For your individual educational needs, contact the school counselor in your school district.

For more information on GED, SAT, financial aid or vocational training, talk to your school counselor or call the library near you. (See LIBRARIES on page 53.)

IF YOU ARE UNSURE OF YOUR EDUCATIONAL RIGHTS, FEEL YOU HAVE BEEN UNFAIRLY TREATED BY YOUR SCHOOL, OR NEED HELP WITH RESIDENCY, ENROLLMENT OR SUSPENSION, CALL:

LDA Life & Learning Services 263-3323
formerly (Learning Disabilities Association)

Legal Aid Society Youth Advocacy Program 232-4090

Public Interest Law Office of Rochester 454-4060

Rochester City Schools also have community agencies working at many schools to provide Wellness Centers, afterschool programs, health clinics, dental clinics, drug and alcohol counseling, and infant day care. These are not available at every school. Call your school to find out what is available.

* TTY is a telephone communication system for the deaf and hard of hearing.

EMPLOYMENT

Taking on the responsibility of a job is a big step. To help you get experience or earn some money before you are ready to work, you can babysit, do yard work or odd jobs, or volunteer. (See VOLUNTEERING on page 93). Remember, that any work—paying or non-paying—you do will help build a work record that can help you get future jobs. Doing a good job, being dependable and on time, and presenting yourself well, will be as important as the type of work that you do.

Getting Ready

Before you apply for a job, make a list of your work experience, volunteer activities, odd jobs, and adults who can give you recommendations. You will need a Social Security Card and a photo I.D. To get a Social Security Card, call 263-6848 or 1-800-772-1213. A driver's license, or a school picture I.D. will be accepted as a photo I.D. If you don't have either of these, you can go to the nearest Motor Vehicle Office and get a non-driver picture I.D.

If you are under age 18, you will need to get working papers/ work permit. You can get the forms at your local high school. You will be required to have a physical. Check with your school to see if they will do this or if you will have to go to your doctor.

Wages and Hours

Minimum wage is \$5.15 per hour. Some employers pay higher than minimum wage or may pay a shift differential (for example: if you work at night you get more per hour

than those that work days). Some jobs, such as in restaurants, can pay you less than minimum wage. Be sure to ask when you take a job how much you will be paid. You will be limited as to the number of hours you can work based upon your age, day of the week, and school year vs. summer.

The chart on the next page tells you what the limits are.



Age	Job	Maximum Daily Hours	Hours/wk	Days/wk	Permitted Hours
School in 14 & 15 session	All except farm, newspaper	3 hrs. school days 8 hrs. other	18	6	7am-7pm
	All except farm, newspaper	4 hrs. school days 8 hrs. other	28	6	6am-10pm
Vacation/ Summer	All except farm, newspaper	8 hours	40	6	7am-9pm
16 & 17	All except farm, newspaper	8 hours	48	6	6am-12am
16 & 17	All except farm, newspaper	8 hours	48	6	6am-12am
Not in School	All except farm, newspaper	8 hours	48	6	6am-12am
News paper 11-18	delivers or sells newspaper	4 hrs. school 5 hrs. other	no limit		5am-7pm
Farm work 12 & 13	Hand harvest fruit & vegetable	4 hours	no limit		7am-7pm
14 +	all farm work		no limit		6/21-Labor Day

Once you get a job, you will have to fill out a form for the Federal and State governments called a W-4 form. Your employer can help you complete the form. At the end of the year, you will also have to fill out a form for income tax. In most cases you will get a refund of all or part of the money that was withheld. Forms can be picked up at the library. (See LIBRARIES on page 53.) Also, see EDUCATION on page 35 for a listing of vocational training programs.

Getting Leads

Here are some of the best ways to learn about job openings. First, tell everyone you know that you are looking for a job. Most people get jobs or leads on jobs by "word of mouth." You may use other resources such as the classified section of the newspaper, bulletin boards at schools, libraries, community centers, businesses or government offices, help wanted signs, or the Red Cross Volunteer Directory. There are several industries that typically hire young people, including fast food restaurants, car washes, movie theatres and stores.

Once you have identified a lead, contact the employment office of the company or the manager (if there's no separate employment office) to inquire about the job. Remember to bring all the papers you need (Social Security Card, picture I.D., and work permit, if you are under 18). You lower your chances when you look for a job with a group of friends or dress improperly, or you have a negative attitude.

If you are looking for a summer job, start early. Most "good" summer jobs are filled by April.

Getting Help

To learn how to complete an application, write a resume and interview for a job, talk to your parents, school counselor or teacher. Libraries also have information about this.

If you need some help in finding a job, start by contacting the following.

Arbor Cite (16-21)	288-2010
Center for Youth, Learn 2 Earn Program	473-2464
Catholic Youth Organization Rent-a-Kid	546-2440
City of Rochester Bureau of Human Serv.	428-6366
Good Grades Pay Program (14+)	

Job Corps (Age 18+, 16-24 income elig & public assistance) GED prep, vocational training & driver education

454-5130

MCDHHS-Employment Unit (only for those who receive public assistance)

530-4499

Native American Cultural Center

442-1100

Rochester Works! (Ages 14-21)

258-3500

Career Center with job readiness skills, gaining & maintaining employment.

Urban League, Youth Build Program

325-6530

You can also contact the **School to Work Coordinator** at each 7-12 grade city school.

The American Red Cross offers a 7 hour, one day certificate **Babysitting Course** for youth age 11 and up. There is a cost of \$30.00. Call **241-4434** for more information.

4 2

HEALTH CARE/WELLNESS

Wellness means taking responsibility for your own health by learning how to stay healthy, practicing good health habits and responding to your body's warning signs before something serious happens.

Your health depends on many factors. Some you can't completely control, like heredity, sex, environment and age, but others you *can* control, such as diet, exercise, rest, stress, bad habits and attitude.

You can be healthier, feel better, look better and live longer if you take care of your health today.

There are many reasons why teenagers need health care services. You may need a physical exam for sports, a check-up for school or you may just need to see someone when you have a cold, sore throat or other medical problem.

Cost

You can receive many health care services either free or based on how much you can pay (often called a "sliding fee scale"). Check with the clinic about cost.

Hours

Most clinics are open during the regular working hours of 9 a.m. to 5 p.m. Some clinics have hours on weekends or in the evenings. Check with the clinic about hours and if you need an appointment.

Parental Consent

Most clinics need parental consent to see a teenager for a medical problem. Parental consent is not needed for treat-

4 3

ment of sexually transmitted diseases such as gonorrhea or AIDS, pregnancy tests, abortions or substance abuse treatment. Ask about parent consent and confidentiality when you call.

Emergency

If you have an emergency at night or on the weekend, contact your doctor first (if you have one) or the hospital nearest you if you have no doctor. See HOSPITALS on page 67.

In case of accidental **poisoning** or **medical emergency** call:

LIFE LINE **275-5151 (24 Hr)**
275-2700 (TDD*)

Monroe County Department of Children and Family Services (585) 530-KIDS (5437), 530-5436 (TTY*)

Local health services for children & their families.

The following provide health care, including some counseling services:

Anthony Jordan Health Center	423-5800
Family Health Center at #17 School	436-9224
Highland Hospital-Family Medicine Ctr.	442-7470
Highland Hospital Adol. Maternity Proj.	275-2060
Mercy Outreach Center	288-2634
Oak Orchard Community Health Center (Brockport)	637-5319
Rochester General Hospital	922-7250
Center for Children and Youth	
Threshold Center for Alt. Youth Services	454-7530

4 4

Westside Health Services

Brown Square Health Center **254-6480**
Woodward Health Center Teen Center **436-3040**

Women's Health Center **266-3888**
(Obstetrics/Gynecology)

For Health Insurance:

Child Health Plus and **Family Health Plus**, (cost of enrolling depends on family income and family size)
Call Healthy New York's toll free number, **1-800-698-4543**.
for information about Child Health Plus and Family Health Plus or see the website at: www.ins.state.ny.us/hnyfhpcp.htm.

The places listed below provide **dental health services**. Call for more information:

Anthony Jordan Health Center **423-5887**
Eastman Dental Center (Strong Health) **275-5051**
MCC-Dental Hygiene Clinic **292-2045**
Oak Orchard Community Health Center (Brockport) **637-5319**

Westside Health Services
Brown Square Center **254-6480**
Woodward Health Center **436-3040**

For pregnancy counseling:

Catholic Charities Care Program **1-800-CARE-002**
Planned Parenthood of the Rochester/Syracuse Region **1-866-600-6886**

4 5

HOMework HELP TIPS FOR STUDENTS AND FAMILIES

1. Be prepared for school

Being prepared is the first step to success. Keep a supply of paper, pens and pencils at home so you can bring them to school and use them for homework. Ask your teacher if there are other specific supplies needed for the year.

2. Prepare a quiet space for homework

Find a quiet, well-lit place where you can study and do homework without being disturbed. When this is not possible, your local library is the perfect spot.

3. Read!

Read for yourself and with younger family members every day. Make books a part of every holiday and birthday list.

4. Help your parents stay in touch with the teacher

Your parents are welcome at school. Encourage them to visit or talk with your teachers and ask for a copy of the school handbook or rules for them.

5. Know your school district

All school districts provide families with a calendar containing important dates and information on policies, procedures and more. Homework guidelines and parent involvement tips are often included. If your parents haven't received a copy, they can contact your school.

46

11. Watch "Homework Hotline" on WXXI-TV

Students (and parents!) can receive help with homework by watching this call-in show on WXXI (Channel 21, cable channel 11, Monday-Thursday, 5:30 to 6 pm.)

12. Call Dial-a-Teacher

Need help with homework in any subject, any grade? Call Dial-a-Teacher from 3:30 to 7:00 pm, Monday through Thursday, at 262-5000.



48

6. Visit your public library

The public library is your best source of information. Visit one in your neighborhood. Most libraries have computers which students can use to do research and type assignments. And librarians are always willing to help point you in the right direction.

7. Take advantage of our city

Rochester and the surrounding area offer a variety of resources that can add a new dimension to learning. Encourage your family to go to local museums, historical sites, the zoo, parks, libraries and performance theaters for enjoyment and love of learning.

8. Learn from life

Look at your world carefully, and ask questions! And answer them, too! Younger children can learn a lot from the people and things around them every day. Call their attention to newspaper articles, street signs and billboards, and discuss what they mean or represent.

9. Use after-school time productively

Find out about after-school homework programs at school, tutoring at church, recreation center activities and services offered by neighborhood associations and settlement houses.

10. Keep track of assignments

Write down each day's homework and keep track of long-term assignments and their due dates. Your parents can help. See that homework is completed each day. (It's hard to catch up after you fall behind!)

47

THE LAW AND YOU

Each state has particular laws that deal with acts committed by youth and adults. Just because someone is under a certain age (16 in New York State) and considered a juvenile does not mean that laws do not apply to them. A criminal record can affect you later in life. If you have a record, some schools or employers may not accept you. What you might think is a harmless prank or "no big deal", could hurt your future.

Pranks

A simple prank, such as removing hubcaps or spraying graffiti, can bring a serious charge of theft or vandalism against you. You may be arrested. Penalties can include a fine, restitution (paying for damages), probation or jail time.

Theft

Taking things that do not belong to you without the permission of the owner is theft. Theft is also referred to as the crime of "stealing".

When items stolen are taken from a store, it is often called "shoplifting". There is no difference between shoplifting and theft.

Drug Laws

The possession or use of marijuana is against the law and penalties include fine, probation or jail. The penalties for offenses involving hard drugs, such as cocaine, speed and crack or large amounts of marijuana, can be very serious, especially when a federal law is broken. The selling of any illegal drug is a very serious offense.

49

Alcohol Laws

It is against the law to serve or permit liquor to be served to minors (under 21) anywhere, including in the home. It is against the law for minors to have alcohol in their possession in a public place or in a car at any time. Anyone over the age of 16 who helps a minor to obtain alcohol can be charged with a felony crime punishable by imprisonment and/or a fine.

Alcohol, Drugs and Driving

In New York State the penalty for a first offense conviction of driving while intoxicated may include jail time, a fine, loss of driving privileges and a requirement to participate in a drug or alcohol treatment program. In addition to the criminal penalties, it is likely that insurance rates of the convicted driver will be higher for a period of up to ten years. Depending on the situation, your parents may be responsible for any penalties, fines or damages.

Vehicular (Car) Injury or Manslaughter

If you are driving while intoxicated and injure or cause the death of another person (manslaughter), you may be charged with a felony crime. If convicted, you may be fined and/or imprisoned.

Weapons Laws

Unlawful use of a weapon is a possible felony under New York State law. Using a dangerous weapon in committing a crime can lead to life in prison. The law's definition of a "weapon" includes guns (all types), switchblades, gravity knives, sticks, cane swords, and concealed blades (for example, a razor blade). An item such as a nail file can be viewed by police and the courts as a weapon, depending upon how

it is used. A person who is stopped by the police and found to have a gun or other weapon can be arrested and charged with possession of a concealed weapon. It is always against the law to have possession of a concealed weapon without the proper permit.

Arrest

If you, or someone you're with, is stopped or picked up by the police, here are things you need to know.

- Do not resist arrest. The most important thing to do is cooperate. Your attitude and cooperation will have a direct effect on how you are treated.
- You do not need to say anything to the police in answer to their questions without your parent present (if under 16) and/or advice from an attorney. You will be asked to give the police your name, address, phone number, date of birth, parent or guardian's name and how to reach them. Beyond this, you do not have to volunteer anything.
- You do not need to sign anything without advice from your parents (if under 16) or an attorney.
- If you give permission to any search, you are allowing the police to fully search you.
- You have the right to a lawyer. If you cannot afford one, the court will appoint one for you.
- Ask the police to call your parents or other adult.

For information and referral for legal service, call the Legal Connection at 295-5670. You can also call the following:

Center for Dispute Settlement	546-5110
Genesee Valley Chapter of New York Civil Liberties Union	454-4334
Legal Aid Society Youth Advocacy Program	232-4090
Monroe Co. Office of Probation PINS Line	428-2250
Monroe County Public Defender's Office (Criminal Only)	428-5210
Volunteer Legal Services Project	232-3051



LIBRARIES

Public libraries provide free services to young people. There are books on everything from rap music to romance, from working on cars to traveling in space, from raising puppies to making pizza. There are also many special programs just for youth.

Libraries also have magazines, newspapers, computers, films, video cassettes, records and artwork.

Hours vary by location and time of year. Call the individual library for specific hours and services/programs that are available.

Rochester Public Library 428-7300, 454-5087(TDD*)
Website: www.libraryweb.org
Call for Hours: 428-8440

City Branches

Arnett	428-8214
Charlotte	428-8216
Highland	428-8206
Lincoln	428-8210
Lyell	428-8218
Maplewood	428-8220
Monroe	428-8202
Sully	428-8208
Wheatley	428-8212
Winton	428-8204

Town Libraries

Brighton	784-5310
Brockport - Seymour Branch	637-1050
Chili	889-2200

East Rochester	586-8302
Fairport	223-9091
Gates	247-6446
Greece	225-8951
Barnard Crossing	663-3357
Hamlin	964-2320
Henrietta	359-7092
Story Line	334-6670
Irondequoit	
East - Helen McGraw Library	336-6060
West - Pauline Evans Branch	336-6062
Mendon	624-6067
Ogden	352-2141
Parma	392-8350
Penfield	340-8720
Pittsford	248-6275
Janes Branch	248-6244
Riga	293-2009
Rush	533-1370
Scottsville	889-2023
Mumford	538-6124
Victor	924-2637
Webster	872-7075

* TTY is a telephone communication system for the deaf and hard of hearing.

OUT OF SCHOOL YOUTH: MOVING FORWARD

Having an education—a high school diploma, an associate degree, vocational training, a four year college degree, business school skills, or computer training—is an important step in determining the quality of your life, in opening opportunities for you to make the kind of life you truly want. The amount of education and training you have will directly effect how you live day to day, influencing the places you live, your dress, your friends and colleagues—your style!

There are many reasons education can be interrupted—health problems, family concerns, untimely moves, new job demands, too many bills to pay, and simply drifting off track. These interruptions are not permanent. Reconnect!

Keep Moving Forward!

Focus on moving forward, sidestep past decisions and make fresh ones. Don't let the past get in the way!

In order to return or reregister for middle school, call the school you last attended or the school closest in your neighborhood. If the school is a middle or high school, ask to speak to the guidance office. Leave a message with a number where you can be reached or ask for a time when you can call back. If you don't get a return call, try again. Be determined!

If you live in the City of Rochester and are a high school student, call **262-8277**.

For Rochester City School District programs for adults and youth ages 17 and up; for GED, pre-employment support, job training, work experience, and job placement, call:

RCSD Dept. of Workforce Preparation 262-8322

For help with residency, enrollment or suspension, call:

Legal Aid Society Youth Advocacy Prog. 232-4090

For a listing of GED programs and vocational training, see pages 35-37.

Also see Homelessness, page 69.

PARENTS

There are lots of stereotypes about teens and there are parallel stereotypes about parents. One misconception is that becoming a teen automatically generates conflict and communication problems with parents. As a teen, you know how often people's perceptions about you and your friends are incorrect. Is it possible that the notion that teens and parents must struggle with one another is equally wrong? Parents often have a hard time balancing the need to keep their kids safe with allowing enough freedom and experience so their teens grow up successfully. As you have learned through experience, parents certainly don't have all the answers, and aren't right all the time—whatever they think. They are all too human and imperfect.

One advantage of becoming a teen is the opportunity it offers for developing a new and positive relationship with your family. You are now better able to understand the complexities of relationships and take more control over your role in their development. Have you thought about ways you can contribute to positive communication and strong relationships with your family? You have a tremendous amount of power to influence the way your family responds. Here are some ideas you may find helpful.

These ideas are designed to work in various family settings, whether you live with one parent or two, with grandparents, other relatives, or other caring adults.

1. Talk to your parents every day. Let them know what your day was like. Share one thing that happened to you—whether it was funny, frustrating or just interesting. Be prepared for a surprised response if your parents aren't used to this. Set aside 10 minutes each day to get them used to this new routine.
2. Ask your parents what their day was like. Ask questions about their childhood and teen years. What was the hardest? What did they enjoy about their family? How did they handle conflict? What are their best memories?
3. Accept your parents' limitations. Some things may be difficult for them to discuss, so find other caring adults you can talk with.
4. If you want your parents to listen to you, choose wisely the time you speak with them. Approach them when they are not in the middle of something or in a bad mood. Look at them when you are talking—it will have greater impact.
5. Parents often see a direct connection between giving you more freedom and the amount of trust they feel. Earn trust by your behavior: be responsible and honest, do what is expected without being told, think of things you can do that your parents will value and appreciate.
6. Keep track of one another's whereabouts. Your parents want to know where you are, but you should also know how to reach your parents and siblings in an emergency. Help your family find a system to keep all of you informed.
7. Be clear about expectations and rules in your home. When in doubt, check it out!

PEER PRESSURE

No matter how old they are, people care about what others think and want to fit in. When you are just starting to make decisions for yourself, the influence of your friends and people your age—your peers—can be powerful. It can affect how you feel, dress and act. *Peer pressure* is when your friends try to influence you to say or do something, even if you don't want to. You feel you need to do it so that you can stay friendly with them.

Peer pressure can be positive and negative. Positive pressure from your peers might lead you to play sports, study hard or join clubs. Negative pressures might lead you to make fun of someone, to tell a lie or to cheat on a test. Sometimes the pressure may be about actions that have more serious results, such as skipping school, using drugs or alcohol, shoplifting, having sex before you are ready, or joining a gang.

It is important to think about what could happen if you go along with the crowd. Make up your own mind, even if your peers don't agree with you.

You have decisions to make every day. Some decisions are more important than others. There is a big difference between deciding what to wear to a party and deciding whether or not to have sex with someone. The decisions you make say a lot about what kind of person you are. When you feel uncomfortable with what you are being asked to do, stop and talk to someone who will listen and believe you—your parents, another adult who cares or

(Surprisingly, several teen surveys reveal that teens themselves want boundaries and clear expectations, as well as direction and attention from parents and caring adults.)

8. Make time to spend with your siblings doing fun and caring activities. Find out what is going on in their lives. Praise them and celebrate their accomplishments—they need your support and attention. It may be difficult to do this with siblings who pick on you, but you may change your relationship with your care and curiosity.
9. Be willing to compromise. Sometimes you have to give a little to get what you want.
10. Let your parents know you care about them even though you don't always agree.
11. Spend time with your family. Try to eat one meal or more with them every day. Interestingly, research indicates that youth who have close emotional relationships with their parents are likelier to become healthier adults and be more successful in becoming independent than youth who don't.
12. Treat the people in your family the way you wish they would treat you.

Unfortunately, not all family settings provide loving, encouraging and caring places for youth. If you find yourself in this situation, seek the support you need in such caring and positive places as a faith community or a school or youth organization. Ask your school counselor, religious leader or youth worker for suggestions. (See COUNSELING on page 25 and RUNAWAY/HOMELESSNESS on page 68.)

maybe a close friend you respect.

There are different kinds of peer pressure. It can seem like friendly teasing or it can be more forceful. Try these ways to handle peer pressure: change the subject, avoid the situation, have something else to do, leave or make it clear that you don't have to go along with other people to have a good time. When your peers see you stand by your decisions, it may help *them* to better deal with peer pressure. (See COUNSELING on page 25).

PREGNANCY

It is very important to talk with your parents or someone else you trust when facing the possibility of being pregnant. If you or someone you know thinks she is pregnant and is uncertain what to do, it is important to find out immediately. There are places that offer help. It's important to have a pregnancy test in a medical setting immediately. Tests done with kits at home are not always accurate. You need to talk with someone you can trust, and get medical attention as soon as you can.

Pregnancy testing and counseling are available at the following clinics. Parental permission is not required. Call first for hours, cost, if any, and to find out if you need an appointment.

Pregnancy Testing and/or Counseling:

Anthony Jordan Family Planning Program	423-5800
Birthright of Rochester (to continue pregnancy)	
East	385-2100
West	328-8700
CARE (8 a.m.-10 p.m. every day)	1-800-CARE-002
CompassCare Pregnancy Services Helpline	232-2350
Genesee Health Services	922-8585
Adolescent Maternity Program	
Healthy Start Rochester	436-7827
Highland Hospital, Family Medicine Center	442-7470
In-Control	328-3408

62

Planned Parenthood	1-866-600-6886
Oak Orchard Health Center (Brockport)	637-5319
Strong Memorial, Women's Health Serv.	275-2691
Threshold Center for Alt. Youth Serv.	454-7530
Westside Health Services	
Brown Health Services	254-6480
Woodward Health Center, Teen Center	436-3040
<i>Prenatal Care:</i>	
Anthony Jordan Health Center	423-5800
Baby Love/REEP (linkage to medical care)	266-0021
Genesee Health Services	922-8585
Adolescent Maternity Program	
Healthy Start Rochester	436-7827
Monroe County Department of Health, Community Health Worker Program	530-5437
Monroe County WIC (Supplemental Nutrition for Women, Infants & Children)	464-6486
Rochester General Hospital	
Young Adult Pregnancy Program	922-4200
Highland Hospital, Rochester Adolescent Maternity Program (RAMP)	275-2060
Threshold's Mom Care	454-7530
Westside Health Services	
Woodward Health Center, Teen Center	436-3040

63

If you need additional medical insurance coverage or a referral for prenatal care, you can contact:

Healthy Baby Hotline **1-800-522-5006**

If you need temporary housing during the pregnancy, you can contact:

Mercy Residential Services **254-2175**

Women's Place **436-5452**
(must be willing to apply for DHHS temporary assistance)

64

RAPE OR SEXUAL ASSAULT

Rape, sexual assault or the attempt to do either is a violent crime against an individual. The rapist can be anyone—a neighbor, a date, a friend, a relative or a stranger.

If someone you know forces you to have sexual intercourse or other sexual contact against your will it is called acquaintance rape. When this happens in a date situation, it is also called *date rape*.

No one has the right to pressure or force you to have sex, even if:

- your dinner or night out has been paid for
- you have had sex before with this person
- you flirt with the person
- you agree to have sex and then change your mind

You have the right to say no to anyone who tries to touch you in any way which makes you uncomfortable. If the person will not leave you alone, try to get away as soon as possible. If you are raped, it is *not your fault*. You are the victim, not the criminal.

If you are raped or sexually assaulted:

- Get to a safe place
- Call your parents or someone you trust, or call the **Rape Crisis Service, 546-2777**
- Do not shower, bathe, douche, wash your hands, brush your teeth or use the toilet, do not change your clothes or eat or drink anything. As hard as it may be to not clean up, you may destroy important evidence if you do.

65

- Get medical attention as soon as possible to determine whether or not you have internal injuries. Also, there may be a need for follow-up medical care in case of a sexually transmitted disease or pregnancy. The best place to go is the hospital emergency room since the staff has been trained to help you.
- Try to remember or write down where it happened, when, what the person looked like and clothing s/he wore. This information will help you be prepared if you decide to talk to the police.

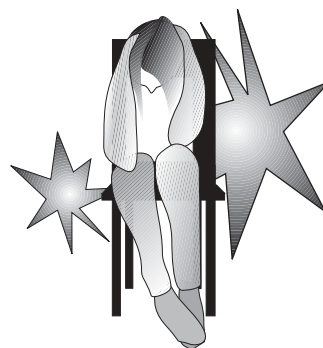
The doctor can help you involve the police if you want. Contacting the police does *not* mean you have to prosecute. It is important to make a police report in case you want to take future action.

The victim of an assault needs to have people to talk with about feelings, people who will listen for as long as it takes. Call the following anytime, **day or night**. Don't be afraid to call for help.

Rape Crisis Service	546-2777 546-7582 (TTY*)
LIFE LINE	275-5151 275-2700 (TTY*)
Police Emergency	911

The emergency rooms (ER) of our local hospitals provide services to rape victims and are listed below.

Safe Center at Strong (16 yrs+)	275-4551
Strong Hospital	275-4551
Rochester General Hospital-Via Health	922-4000
Park Ridge Hospital- Unity Health System	723-7000
Highland Hospital	341-6880
Lakeside Memorial Hospital	637-3131



RUNNING AWAY/HOMELESSNESS

Running Away

Almost everyone thinks about running away from home at some time. When you're feeling bad about your life, when you want most of all to do something—*anything* to change the way things are going—that is a time when it is hard to think very clearly. Talk it out with someone who will listen.

It is important to work together with your parents in solving problems between you. If you and your parents have tried talking things out, and running away still seems like the best answer, run to a safe place. It's harder than you think to make it on your own. Even streetwise people risk being used, getting ripped off, or being hurt.

There are emergency shelters (housing) for runaways and youth having family problems. Emergency shelters offer free, safe housing and someone to help you talk things out and decide what to do. You can call these Monroe County shelters 24 hours a day, 7 days a week:

The Center for Youth (ages 12-17) **271-7670**
Toll free: 1-888-617-KIDS (5437)

Salvation Army Genesis House **235-2660**
(ages 16-20)

For a free service that relays messages between runaways and their families without blaming anybody, call:

National Runaway Hotline **1-800-621-4000 (24 Hrs)**
1-800-621-0394 (TDD*)

Homelessness

A youth under 21 years of age who has lost family support, been thrown out of their home, or who has no permanent home to go to, is considered a homeless youth. Often youth in this situation have no one to depend on for emotional and financial support and must learn independent living skills to be successful on their own. Youth who are living from place to place with no permanent means of financial and emotional support, and no guardian to care for them are considered homeless. There are programs to assist youth who are homeless find shelter, food, clothing and other necessary services. They can also assist youth in learning the necessary skills to live successfully on their own. If you or someone you know is homeless and needs help, call:

Hillside Alternatives for Independent Youth **654-4414**

Salvation Army Genesis House **235-2660**

The Center for Youth **271-7670**

1-888-617-KIDS (Toll Free)

If you need food or a referral to a food pantry near you, call:

LIFE LINE **275-5151 (24 Hrs), 275-2700 (TTY*)**

If you are pregnant or a parenting teen and need temporary housing and supportive services, call:

Mercy Residential Services **254-2175**

If you are in need of assistance with school enrollment, call:

Legal Aid Society's Youth Advocacy Program **232-4090**

SEXUAL ABUSE

If someone is touching you in a sexual way and you are not sure how you feel about it... If you are being touched by a family member, adult friend or someone else, and it makes you uncomfortable, unhappy or confused... You may be the victim of sexual abuse.

It is not your fault. You don't have to keep this secret anymore. If this is happening now or happened in the past, it is important to tell someone who will listen and believe you. You may have mixed feelings about the other person involved and about telling someone. Talking with someone can help you sort out your feelings and find ways to begin to help yourself.

LIFELINE (24 Hours a Day) 275-5151
275-2700 (TTY*)

Rape Crisis Service 546-2777(24 Hrs)
Crisis Services and Counseling 546-7582 (TTY*)

To officially report sexual abuse by a parent or guardian, call:

Monroe County Child Abuse Maltreatment 461-5690
Register (English and Spanish) 274-6865 (TTY*)

NYS Child Abuse Maltreatment Register 1-800-342-3720

To report sexual abuse by someone other than a parent or guardian, or when the victim involved is over age 18, call **911**.

For more information and counseling call one of the following resources:

Family Service of Rochester TASA 232-1840
(Therapeutic Alternatives for Sexual Abuse) 232-1237(TTY*)

National Center for Missing and 242-0900
Exploited Children

Planned Parenthood 1-866-600-6886

Society for the Protection and Care of Children 325-6101



* TTY is a telephone communication system for the deaf and hard of hearing.

SEXUALITY/BIRTH CONTROL

The physical and emotional changes that happen to everyone as they grow up can be exciting and confusing. It may seem like you wake up one morning and everything about you is different or strange. Your friends are probably feeling the same way, but that doesn't make it easier.

Many of the changes you are experiencing are sexual. You are developing into an adult and your feelings can be very strong. Having good information and understanding these changes can make them less confusing.

There are lots of messages around about love and sex. Parents, friends, church, television and magazines may have different ideas about being in love or being sexually active. It is important that you get the facts and sort through your feelings. You are the one who must make choices and be willing to live with the consequences, good or bad. The more you know about and like yourself, the more likely it is that you will make decisions that are right for you.

Lots of people have sex for reasons that have nothing to do with intimacy and love such as:

- curiosity about sex
- hoping to become more popular
- getting pushed into sexual intimacy by their partner or peer pressure
- thinking sex is glamorous as it is shown on TV and movies and in books and magazines

You should not feel pressured into doing something you

don't want to do. There are many ways of showing people you care about them or that you "fit in" without making yourself uncomfortable. Keep in mind that sexual experience can result in lifelong consequences: pregnancy, STDs or AIDS. The only way to prevent this from happening is to say no to sex.

Talk with your parents or others whom you trust and respect. If you need more information or you would like to talk to someone about your feelings, see **COUNSELING** on page 25.

Birth Control

If you are sexually active, you are running the risk of becoming pregnant. You are also at risk of getting a Sexually Transmitted Disease (STD). Talk to people who you know care about you and whom you trust and respect about your decision to be sexually active. The best way to prevent pregnancy or an STD is to not have sex. If you still choose to be sexually active, be responsible and protect yourself and your partner. There is no such thing as safe sex, only safer sex.

You should be aware of the following statistics. Birth control methods are only effective if used consistently, properly and according to directions.

Birth Control Method	Effectiveness
Abstinence (not having sex)	100%
Pill	97%
Condom	88%

Birth Control Method	Effectiveness
Spermicide	79%
Sponge	72%
Withdrawal	72%

For more information and confidential services you can call:

Anthony Jordan Health Center	423-5800
Catholic Charities, Care Program	1-800-CARE-002
Genesee Health Service	922-9999
Highland Hospital—Family Medicine	442-7470
Highland Hospital (RAMP)	275-2060
Rochester Adolescent Maternity Project	
In Control	325-3408
Oak Orchard Health Center (Brockport)	637-5319
Planned Parenthood of Rochester and Syracuse Region	1-866-600-6886 546-7582 (TTY*)
Rochester General Hospital Adolescent Clinic	338-4050
Strong Memorial Hospital, Women's Health Services	275-2691 (evenings) 275-2222
Threshold Center for Alt. Youth Services	454-7530
Westside Health Services	
Woodward Health Center	436-3040

74

Protecting yourself from STIs and AIDS

The best way to prevent STIs and HIV is not to have sexual contact at all. If you choose to have sex, there are ways to begin to protect yourself. Use a latex or polyurethane condom (see information on BIRTH CONTROL p. 72), do not have sex with people who have sores or blisters around their mouth or genitals, do not have anal sex, and do not have sex with a lot of partners. Statistics show that having sex with more than one partner or one partner who has had other partners, greatly increases your risk of getting a STD.

WARNING: If not treated, some STIs can result in serious damage (even if the outward symptoms disappear) including: sterility (inability to have children), heart disease, damage to an unborn baby, blindness, deafness, non-healing skin sores, paralysis and even death.

Tests

If you are concerned about STIs, talk to your parents or someone else you trust. It is very important to go to a doctor or clinic and ask to be tested for STIs or the AIDS virus (HIV). You will have a medical exam and a lab test; blood tests determine the presence of the HIV virus.

It is possible to have STIs without feeling sick or noticing any changes in your body. Do not be embarrassed to see a doctor if you think you have an STI. The longer it goes untreated, the more damage it will do to your body. Remember that most STIs can be treated and most can be cured.

76

SEXUALLY TRANSMITTED INFECTIONS

If you think you might have a sexually transmitted infection, it is important to talk to your parents or someone you trust and to get medical attention *immediately*.

Anyone who is sexually active can get venereal diseases, also called sexually transmitted infections (STIs). The main way to get a STI is through sexual intercourse or any other sexual contact with someone who is infected. Included in these diseases are gonorrhea, herpes, syphilis, trichomonas, genital warts and HIV. (See AIDS on page 14).

Sexually transmitted infections are not shameful or a punishment...they are simply diseases that, if not treated, can seriously damage your health.

Facts about STIs and AIDS

You do not catch an STI or AIDS virus (HIV) from toilet seats, door knobs or through "casual" contacts like handshakes and sharing a telephone.

You can get STIs or AIDS virus (HIV) at any age. Once you have the AIDS virus (HIV) or herpes you will *always* have it. Herpes can be controlled but is not curable. There is presently no cure for the AIDS virus (HIV). Other STIs are curable with proper medical treatment, but you can get them again and again if you are exposed to them again and again. **SEXUALLY TRANSMITTED INFECTIONS ARE CONTAGIOUS.**

75

STI tests are confidential. Parental permission is not required. For more information about preventing or treating STIs or HIV call:

Anthony Jordan Health Center	423-5800
Family Planning Program	
In-Control	328-3408
Monroe County Health Dept. STI Clinic	464-5928
(Call for clinic hours.)	
Outpatient STI Clinic at St. Mary's Hosp.	464-3060
(Wed. 8:30 a.m. - 3:30 p.m.)	
Planned Parenthood	1-866-600-6886 546-7582 (TTY*)
Threshold Center for Alt. Youth Services	454-7530
Westside Health Services,	
Brown Health Services	254-6480
Woodward Health Center Teen Center	436-3040

You may also call these hotlines to get additional information and support.

CDC National STI Hotline	1-800-227-8922
CDC National HIV/AIDS Hotline	1-800-342-2437
New York State HIV/AIDS Hotline	1-800-541-2437

* TDD is a telephone communication system for the deaf and hard of hearing.

77

STRESS

Today's teens face more adult-like stresses than their parents did, and at a time when adults are much less available to help them. With many parents working outside the home, teens are more on their own than ever.

Stress is a normal part of your life. If you know how to deal with it, it can actually help your creativity, productivity and healthy relationships with others. If you let it get out of hand, it can become a serious problem.

There are a variety of stresses that you may be facing. Your bodies are changing and you are developing more maturity. Peers may be pressuring you to be like the group. Parents may be pushing you to achieve or make up for something they lack. All of these may cause stress in your life.

Signals of Stress

lack of appetite
lack of concentration
loss of sleep
dropping grades
decline in school
performance
physical ailments
anger/depression

Stress Reducers

physical activity
hobbies
talking with friends and
parents
keeping a diary or writing
your thoughts
volunteering
helping others

If you are feeling the impact of stress in your life, talk with your parents, family members, your school counselor or someone else you trust. (See COUNSELING p. 25).

78

"Yes" answers to *any* of these questions means you must be concerned and tell someone who can help. Don't try to handle it alone. Remember, you cannot take responsibility for another person's life. The decision is their own. You may, however, be able to help your friend see other ways of dealing with problems and pain.

The first step in stopping a suicide is to have the person promise, "If I feel like I'm going to hurt myself, I will call someone or a hotline first."

Remember, it is better to tell someone and risk a friend's anger than to do nothing. If you know someone who is talking about suicide, care enough to get help.

Call for information and support for you or a friend.

LIFE LINE

275-5151 (24 Hrs)
275-2700 (TTY*)

* TTY is a telephone communication system for the deaf and hard of hearing.

SUICIDE

If someone talks about suicide, take it seriously. Friends may tell you they are thinking of killing themselves and ask that you keep it a secret. ***This is a secret you cannot keep.*** You can be a better friend by telling someone—a parent, teacher, counselor, clergy, or someone who will listen and believe you. You might also encourage the person talking about suicide to talk to an adult he or she trusts.

If you think someone may be suicidal, don't be afraid to ask. Mentioning suicide will not give people the idea or push them over the edge. Talking about it can prevent suicide from happening. A suicidal person is not beyond help. The crisis period usually lasts a short time. With help a person can get better.

These five questions are often asked to find out whether or not a person is seriously considering suicide:

- Has this person shown any of the following warning signs: giving away prized possessions, doing poorly in school, talking about wanting to die, isolating themselves from family and friends, taking unnecessary risks, abusing drugs or alcohol or suddenly happy for no reason after being depressed for a long period?
- Has this person ever threatened or attempted suicide before?
- Does this person really believe he or she has a "good reason" to commit suicide?
- Does this person have a plan to commit suicide?
- Does this person have a way to put that plan into action right away?

79

SUPPORT GROUPS

If you find yourself struggling with a difficult problem, talking with others who have experienced the same or similar problems can help. People in the group can give each other lots of support and encouragement.

A support group can help you, or someone you care about, with such concerns as the death of a family member, suicide, someone's drug or alcohol problem, dealing with physical or sexual abuse or coping with a disease such as diabetes.

Our community offers many different support groups through various agencies and self-help programs. (See COUNSELING on page 25).

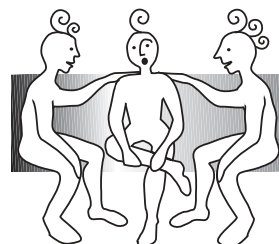
For further information and referral, call:

LIFE LINE

275-5151 (24 Hr)
275-2700 (TTY*)

The Mental Health Association
Clearinghouse for Self Help Groups

325-8145



TEENPARENTING

There are a number of agencies that offer services especially for pregnant and/or parenting teens. Some of them are listed here. Education, medical care and counseling are among the services that they provide. Being a parent is hard work. There are people and programs that can help. Call for more information about what each program can provide you. Programs differ in the services they offer.

Parenting Skills and Counseling:

Catholic Family Center's	546-7220
Pregnancy Counseling Program	
Family Resource Centers of Rochester	
Cavalry St. Andrews Family Resources	232-1176
Miriam Family Resource Center	663-2930
Peter Castle Family Resource Center	467-8130
Southwest Family Resource Center	436-0370
The Family Place	458-4100 x-13
Family Service of Rochester	232-1840
Teen Parents Program	232-7237 (TTY*)
Highland Hospital Parenting Classes	473-2229
MC Dept of Public Health,	
Community Health Worker Program	530-5437
Project CONECTS	428-6816
Charles Settlement House	328-5453
Junior Achievement	327-7400
Urban League Teen Moms	325-6530

8 2

Society for the Prot. and Care of Children	325-6101
YWCA School Age Parents Program	232-3645
Southwest YMCA-B.E.S.T. Program	328-9330
Threshold's Mom Care	454-7530
Urban League/Young Fathers Program	325-6530
The Family Place (Fam. Resource Centers)	458-2208 x 16

If you or your child have special health care needs, or for more information about different services available to you or your child, call the **Monroe County Health Department at 274-6550** for information and referral. You may also want to go to your local library and look at the Parent Group Directory of the University of Rochester's Department of Pediatrics. It lists resources for children with health problems and their families. Here are some other programs which offer special care:

Pregnancy Counseling:

Anthony Jordan, Family Planning Program	423-5800
CARE, Catholic Charities (8-10 daily)	1-800-CARE-002
Highland Hospital-Family Medicine Center	442-7470
Highland Hospital, Rochester Adol. Maternity Project (RAMP)	275-2060
Monroe County WIC Program	464-6486
(Supplemental Nutrition for Women, Infants & Children)	

8 3

Oak Orchard Community Health Care (Brockport)	637-5319
Planned Parenthood of the Rochester/Syracuse Region	1-866-600-6886, 546-7582 (TTY*)
Roch. General Hosp. Adolescent Clinic	922-4050
Maternal and Child Health	922-4000

Westside Health Services

Woodward Health Center, Teen Center	436-3040
--	-----------------

Being a teen parent may make it hard to finish school. If you are a teen parent, or are going to be one, start with your guidance counselor to get help. If you want to get back in school, there are many programs that can help.

Education Services:

Family Resource Centers of Rochester	
The Peter Castle Family Resource Center	467-8130
The Family Place	458-2208 x-16
Rochester City School District	
Young Mothers Program	454-1095
Family Learning Center (18+)	262-8000
Threshold Center for Alt. Youth Services	454-7530
YWCA of Rochester and Monroe County	232-6345
School Age Parents Program	

Housing:

Mercy Residential Services	254-2175
Emergency housing for pregnant and parenting women age 16 - 21 and their children.	

8 4

There are many day care centers and families that care for children. You can find out what is available, and what assistance is available to help you pay for child care, by calling: **Child Care Council, Inc. 654-4720 or 1-800-743-5437** also see website: www.childcarecouncil.com

You may run into situations as a teen parent that make it difficult for you to get services to which you have a legal right. If so, legal services are available:

Monroe County Legal Assistance Corp.	325-2520
Legal Aid Society of Rochester	232-4090
Youth Advocacy Program	
Public Interest Law of Rochester	454-4060

8 5

THINGS TO DO

Having fun is important! Sports, social clubs, school or church activities are just a few examples of ways you can meet new friends, learn skills and have fun too. Doing new things can be scary sometimes but it gets easier once you get involved. There are places throughout the county that offer programs especially for young people. Some of them are listed here. Call and ask for more information. Check the location nearest you. If they don't offer what you're looking for, ask them if they know of someone who does.

Attractions:

Bevier Gallery - RIT	475-2646
City Event and Information Line	428-6697
Edgerton Model Train Room (Tues., Wed., Thurs. after 6 p.m.)	428-6769
George Eastman House	271-3361
Lollypop Farm Humane Soc. (Petting Zoo)	223-1330
Memorial Art Gallery	473-7720
Rochester Museum & Science Center	271-1880
Blue Cross Arena at the War Memorial Event & Information Line	758-5300
Seabreeze Amusement Park	323-1900
Seneca Park Zoo	467-9453
Six Flags Darien Lake Resort	599-4641

Strasenberg Planetarium	271-1880
Strong Museum	263-2700

Performing Arts:

Blackfriars Theatre Company	454-1260
Downstairs Cabaret Theatre	325-4370
Garth Fagan Dance Company	454-3260
GEVA Theatre	232-1363
Finger Lakes Performing Arts Center (Canandaigua)	222-5000
Park Avenue Repertory Dance Company	461-2766
RAPA (Rochester Assoc. Performing Arts)	325-3366
RPO (Rochester Philharmonic Orchestra)	454-2100
The Hochstein Music School	454-4596

Sports:

Amerks (Hockey)	454-5335
Rochester Red Wings (Baseball)	423-9464
Rhinos (Soccer)	423-9464
Rochester Rattler's LaCrosse	423-9464
Carrier Dome (Syracuse)	1-315-443-2121
Ralph Wilson Stadium (Buffalo Bills)	649-0015
HSBC Arena (Buffalo Sabres hockey)	716-855-4100

Youth Organizations:

There are many special interest clubs & organizations that provide a variety of socialization activities, cultural experiences, leadership training and much more. Listed here are just a few. Ask your parents, teachers, or religious youth director about other groups that may interest you.

Action for a Better Community	325-5516
Boy Scouts of America	244-4210
Boys & Girls Club of Rochester	328-3077
Catholic Youth Organization (CYO)	454-2030
4-H Club/Cooperative Extension	461-1000
Girl Scouts of Genesee Valley	292-5160
Junior Achievement of Rochester	327-7400
LDA Life & Learning Services Summer Safari, fee - sliding scale	263-3323
Project CONECTS	428-6816
Puerto Rican Youth Development	325-3570
Southwest Neighborhood Association (SWAN)	436-8201
YMCA	546-5500
Youth to Youth of Huther-Doyle Prevention Services (Prevention Partners)	381-4810

Recreation & Parks:

Our City and County parks & recreation programs offer varied

recreational programs. Some offer swimming pools, gyms, ice rinks and organized activities such as dance, art classes, sports programs, etc. Parks also offer open space to walk, run, hike trails and cross country ski. Call:

City of Rochester Park/Recreation Bureau	428-6770
Program Information Tape	428-6767

See the City of Rochester website for a list of recreation center locations at www.cityofrochester.gov or see the telephone book's blue pages listing of City of Rochester for a listing of phone numbers of individual city recreation sites to call for specific program information.

Genesee Waterways Center	325-3960
Roller Skating Rink at Genesee Valley Pk.	428-7888

Swimming Pools (City):

Adam Street Center (year round)	428-7456
Charlotte H.S. Center (summer only)	428-7829
Clinton Baden Center (summer only)	325-4910
East H.S. Center (summer only)	428-7832
Frederick Douglas (summer only)	482-2000
Freddie Thomas (summer only)	262-8850
Genesee Valley (summer only)	428-7889
Jefferson (summer only)	458-2280
Madison (summer only)	463-4100
Marshall (summer only)	458-2100
Monroe (summer only)	232-1530

Ice Rinks (City/County):

Genesee Valley Park (Indoor) (City)	428-7888
Manhattan Square Park (City)	428-7541
Highland Park (County)	256-4950
Churchville Park (County)	256-4950

County Parks:

Monroe County Parks & Recreation Dept. Information	256-4950
also see www.monroecounty.gov , Parks	
Lodge-Shelter-Wedding Reservations	256-4950
Ontario Beach (beach/water line)	274-6887
Webster Park Family Camping Reserv.	872-5326
PowderMill Park Ski Center	234-1380
Northhampton Park Ski (rental, lessons)	234-6420

Towns (fees vary depending upon activity):

Brighton Recreation & Parks	442-6585
Brockport-Clarkson-Sweden Recreation	637-1838
Chili Dept. of Parks & Recreation	889-3550
Churchville Youth Association	293-3720
East Rochester Dept. of Recreation	381-0378
Gates Dept. of Recreation	247-6100
Greece Youth Bureau	663-0200
Hamlin Recreation	964-7222
Henrietta Youth Bureau	359-2540

90

Irondequoit Recreation Dept.	336-6070
Mendon-Honeoye Falls Recreation	624-9387
Ogden Dept. of Recreation	352-2124
Parma Recreation	392-9030
Penfield Dept. of Parks and Recreation	340-8655
Perinton Dept. of Recreation	223-5050
Pittsford Dept. of Recreation	248-6280
Riga Recreation	594-2030
Rush Recreation	533-2340
Webster Recreation	872-2911
Wheatland Recreation	234-0089



91

TRANSPORTATION

Monroe County has a variety of transportation. Some areas of the community have more resources than others. Remember to plan ahead how you will get to and back from activities and appointments.

Try hooking up with nearby friends or neighbors if you need a ride. Encourage your parents to develop car pools with other parents, or check out school and community bulletin boards for regular rides. If you are working, talk with your co-workers about sharing rides.

Here are some resources:

Lift Line	224-8330
(People with Physical Disabilities)	224-8509 (TDD*)
	426-3523 (TTY*)
CONNECT (Area transportation info.)	232-6210
	(voice/TTY*)
RTS (Regional Transit)	288-1700
(website: www.rgrta.com)	625-0210 (TDD*)
	toll free: 888-288-3777

* TTY is a telephone communication system for the deaf and hard of hearing.

92

VOLUNTEERING AND COMMUNITY SERVICE

Community service and volunteering can provide you opportunities to meet new people, find out more about yourself and your interests, and make you feel good about yourself and what you are doing. It also provides an opportunity for you to inform, educate and serve as a role model to adults about the valuable contributions youth offer their community through volunteer service. Schools now have community service requirements for graduation and your service or volunteer activity may fulfill that requirement.

When Independent Sector surveyed youth who serve, the teenagers reported 18 benefits of their volunteer experience. Here are the top 10. The teens reported that they:

- Learned to respect others
- Learned to be helpful and kind
- Learned to get along with and relate to others
- Gained satisfaction from helping others
- Learned to understand people who are different from themselves
- Learned how to relate to younger children
- Became better people
- Learned new skills
- Developed leadership skills
- Became more patient with others

93

Be sure to keep these issues in mind when you are looking for a volunteer position:

- Ensure that the volunteer opportunity is interesting to you and fits within your schedule.
- Determine that you have adequate transportation to get to your volunteer position.
- Be sure you meet any requirements for the position.
- Realize that once you have committed, people will count on you to show up and follow through.
- Can't find a volunteer opportunity? Be creative: you can design your own volunteer position and offer it to your neighborhood, an organization, or a faith congregation.

When calling an organization about a volunteer position, ask the following questions:

- What volunteer opportunities do you have available?
- What is the schedule?
- Is training required? Is it provided?
- How much time is needed to do the job?
- Can this be used to fulfill school requirements for service?

Check with your school, library or faith congregation about volunteer opportunities. For more information about community volunteer needs, you can call:

American Red Cross- Student Volunteer Directory (www.generationgiveback.org) 241-4490
United Way of Greater Rochester Youth United Volunteer Connection (www.uwayroch.org) 454-1100

YOUTH ACTION, EMPOWERMENT AND LEADERSHIP

It is important for you to stand up for what you believe in and participate in shaping and changing our community (and influencing the community's beliefs about young people). Through participation in various community processes, organizations and groups, you can be effective in reaching your peers, bringing new ideas and perspectives to program planning, and bringing needed resources to programs and groups. You can be actively involved with other youth, and in partnership with adults, to address community issues and improve opportunities, supports and services for youth.

Youth participation also provides ways for adults to learn more about young people, to discover the valuable resources of youthful creativity, energy and fresh perspective.

Here are several programs that will allow you to participate in your community and develop your leadership skills:

American Red Cross
Black Youth Leadership Development 241-4261
Hispanic Youth Leadership Development 241-4485
City of Rochester, Youth Councils at each Recreation Center 428-7371
Metro Council for Teen Potential, Youth Reach 325-8123

VOTING/POLITICAL ACTION

If you are 18, a U.S. citizen, and have been a resident of Monroe County for 30 days before an election, you are entitled to vote. You must register in advance. To register, you must fill out a registration form (you can pick one up at the Motor Vehicle Bureau or Post Office) and send it to the County Election Commissioner's Office. You may designate a party, either Republican, Democrat, Independent, or Conservative.

Voting is your right as a citizen of the U.S. By exercising your right to vote, you can support issues and ideas you believe in. Young people can make a difference.

If you want information concerning your government, current legislation or how to become involved in political action, contact the following for more information.

Conservative Party of Monroe County 381-6850
Democratic Committee of Monroe County 232-2410
Green Party of Monroe County 271-3205
Independence Party 381-2138
League of Women Voters 262-3730 (V/TDD*)
Libertarian Party 234-3733
M.C. Board of Elections 428-4550, 428-2390 (TDY*)
Republican Committee of Monroe County 546-8040
Working Families Party of Monroe County 223-3796
Youth Voice, One Vision (585) 428-7371

* TTY is a telephone communication system for the deaf and hard of hearing.

Rochester-Monroe County Youth Bureau
Reality Check 274-6823
Youth Action 274-6823
Rochester Step-Off Educational Foundation 295-1840
website: www.rochesterstepoff.org
Urban League
Youth Leadership Development Academy 325-6530
YMCA, Minority Achievers Program 262-3932

YOUTH WITH DISABILITIES

Being disabled is not a disease. It's not catching. It just is. People come in all shapes and sizes. We often compare ourselves with somebody else's appearance. Have you ever approached someone just because you liked how they looked, without knowing anything about them? Are there other people you did not talk to, or were afraid to talk to because you did not like the way they looked, or because they looked different from you?

What about people with eyes that do not see, ears that don't hear, legs and arms that don't work? What about people who must sit in a wheelchair all day or use crutches and braces to move about? What about people whose bodies jerk out of control or whose hands are twisted? What about people who see letters and numbers backwards? Some people are born with their disability, others become disabled through accidents or illness. No one chooses to be disabled and no one can predict if it might happen to them.

People with disabilities have the same human qualities we all have. When we judge people by how they look, we limit ourselves and them. Do you ever wonder how many good friends you passed by just because they looked different?

You may feel guilty or uncomfortable when you are around someone with a disability. You may wonder why you are OK and they are not, or what you should say or not say. You might be afraid to talk about things you like to do—run, play ball, listen to music—because they can't do these things, or might have difficulty doing them, or fear that they will be

upset, hurt or feel pitied. You may even have seen someone in school make fun of another person because of their disability and felt bad about it, but did not know what to do.

Did you know that people with disabilities can do most things that you can? They swim, jog, ski, ride bicycles, bowl, and play basketball. They read, write, use computers, go to movies and concerts. They go to college, hold jobs, travel, fly planes and drive cars. They are parents and they can be best friends.

Don't let someone's "outside" prevent you from discovering their "inside." Reach out, you may be surprised.

If you have a disability, remember you are not "your disability." While it may affect your appearance on the outside, who you are on the inside is what really matters. Many agencies offer services to young people with disabilities. To find out more call:

The Advocacy Center	546-1700
AI Sigl Center	442-4100
Association for the Blind/Goodwill Ind.	232-1111
ARC of Monroe County	271-0660
Community Partners for Youth	442-2550 454-6329 TDD*
Epilepsy Association of Greater Rochester	442-4430
CP Rochester (Cerebral Palsy)	334-6000
Compeer	546-8280, 546-7959 (TTY*)
Health Assoc. for Hearing Impaired	423-9490, 423-9845 TDD*
LDA, Life and Learning Services (formerly Learning Disabilities Association)	263-3323

Lifetime Assistance	426-4120
Legal Aid Youth Advocacy Prog.	232-4090
Regional Early Childhood Direction Center	275-2263
Respite Cares, Heritage Christian Homes	381-8065
Roch. Center for Independent Living	442-6470
Roch. City School District	262-8646
Special Educ. Training and Resource Center (SETRC)	



* TTY is a telephone communication system for the deaf and hard of hearing.

INDEX OF AGENCIES

A

- Action for a Better Community**
550 East Main Street, Rochester, NY 14607, 325-5116
- The Advocacy Center**
277 Alexander St., Suite 500, Rochester, NY 14607, 546-1700
- AIDS Community Health, Inc.**
87 N Clinton Avenue, Rochester, 14620, 244-9000
- AIDS Rochester, Inc.**
1350 University Avenue, Rochester, NY 14607, 442-2220
- Alternatives for Battered Women**
Rochester, NY 14604, 232-7353 (Voice/TTY*)
- AmeriCorps**
228 E Main St., Room 4081, Rochester, NY 14604, 262-1778
- American Red Cross**, www.rochesterredcross.org
50 Prince Street, Rochester, NY 14607, 241-4400 (TTY*)
- Anthony Jordan Health Center**
82 Holland Street, Rochester, NY 14605, 423-5800

B

- Baby Love/REEP**
555 Avenue D, Rochester, NY 14621, 266-0021
- Baden Street Settlement**
152 Baden Street, Rochester, NY 14605, 325-4910
Dr. George Simmons Counseling and Support Center
585 Joseph Ave, Roch., 14605, 325-8130
- Bethany House**, 454-4197 (24 hours)

Birthright of Roch.

East - 3380 Monroe Ave., Roch. 14607, 385-2100
West - 819 W. Main St., Roch. 14611, 328-8700

Boces I (www.monroe.edu)

41 O'Connor Road, Fairport, NY 14450, 377-4660

Boces II (www.monroe2boces.org)

3599 Big Ridge Road, Spencerport, NY 14559, 352-2400

Boys & Girls Club of Rochester

500 Genesee Street, Rochester, NY 14611, 328-3077

C

CP Rochester, (formerly United Cerebral Palsy Assn.)

3399 Winton Road S. Rochester, 14623 334-6000

Camp Good Days and Special Times

Kids Adjusting Through Support (KATS)

1332 Pittsford-Mendon Rd, Mendon 14506, 624-5555

Catholic Family Center,

87 N Clinton Ave., Roch. 14604, 546-7220

Refugee Assistance Project, 546-7220

Restart Substance Abuse, 55 Troup St, Roch., 14608, 546-3046

Catholic Youth Organization

87 N. Clinton Avenue, Rochester, NY 14604, 454-2030

Center for Dispute Settlement

300 State St., Suite 301, Rochester, N.Y. 14614, 546-5110

(The) Center for Youth 1-888-617-KIDS (5437)

905 Monroe Ave, Roch., 14620, 271-7670 (24 Hr)

North, 1945 E. Ridge Road, Suite 25, Roch., 14622, 342-6373

Charles Settlement House

445 Jay Street, Rochester, NY 14611, 328-5453

102

Child Care Council, 595 Blossom Rd, Roch. 14610, 654-4720

City School District (Rochester) (www.rcsdk12.org)

131 W. Broad St., Rochester, NY 14614, **262-8100**

Family Learning Center, 30 Hart Street, Roch., 14605, 262-8000

Young Mother's, 30 Hart Street, Roch., 14605, 454-1095

Special Ed. Training and Resource Center, 262-8646

Community Health Network, Inc (CHN)

87 N. Clinton Ave, Rochester, NY 14620, 244-9000

Community Place of Greater Rochester

145 Parsells Ave., Rochester, NY 14609, 288-0021

Youth Dev. Services, 10 Dake Street, Roch., 14605, 288-1830

Family Services Unit, 57 Central Park, Roch., 14605, 327-7200

Community Partners for Youth, 232 S. Plymouth, 14608, 442-2250

Compass Care Pregnancy Services Helpline

200 White Spruce Blvd, Rochester, NY 14623, 232-2350

Compeer, Inc., 259 Monroe Ave., Roch., 14607, 381-6850

Cornell Cooperative Extension

249 Highland Avenue, Rochester, NY 14620, 461-1000

Crestwood Children's Center

2075 Scottsville Road, Rochester, NY 14623, 429-2700

110 Mt. Hope Blvd, Rochester, NY 14620, 279-1300

1357 University Ave., Rochester, NY 14607, 244-8580

3800 Scottsville Road, Scottsville, NY 14546, 889-3700

D

Delphi Drug and Alcohol Council, Inc.

1839 E. Ridge Road, Rochester, NY 14622, 467-2230

DePaul Mental Health Center

835 W. Main St., Rochester, NY 14611, 436-4840

103

Dial A Teacher, 30 N. Union St., Roch., 14607, 262-5000

Discovery Huther-Doyle

2366 Lyell Ave, Rochester, NY 14606, 429-8300

E

Eastman Dental, 625 Elmwood Ave., Roch. 14620, 275-5051

Eastside Community Center

145 Parsells Avenue, Rochester, NY 14609, 288-0021

Educational Opportunity Center

305 Andrews Street, Rochester, NY 14604, 232-2730

F

Families and Friends of Murdered Children

244 S. Plymouth Ave., Rochester, NY 14608, 428-2265

Family Resource Centers

The Family Place, 426 Lyell Ave., Roch. 14613, 458-4100

Miriam Family Center, 75 Stutson St., Roch, 14612, 663-2939

S.W. Family Res., 89 Genesee St., Roch., 14611, 436-0370

Peter Castle Res., 555 Ave. D, Roch, 14621, 467-8130

Calvary St. Andrews, 68 Ashland St., Roch., 14620, 232-1176

Family Service of Rochester, 232-1840, 232-1237 (TDD*)

1040 S. Clinton Ave, Roch, 14604

6780 Pittsford-Palmyra Road, Fairport, 14450, 232-1840

TASA (Main) 30 N. Clinton Ave., Roch. 14604, 232-1840

G

Gay Alliance of the Genesee Valley

179 Atlantic Avenue, Rochester, NY 14607, 244-8640

Genesee Health Services

222 Alexander Street, Rochester, NY 14607, 922-9999

104

Genesee Mental Health Center,

Child & Adolescent Services

224 Alexander Street, Rochester, NY 14607, 922-7250

Genesis House, (ages 16-20), Salvation Army, 235-2660

Good Grades Pay (City of Rochester), 428-6366

Greater Roch. Community of Churches, 242-2570

Greece Youth Bureau

500 Maiden Lane, Rochester, NY 14616, 663-0200

H

Henrietta Youth Bureau

475 Calkins Road, Henrietta, NY 14467, 359-7050

Highland Hosp. 1000 South Ave., Roch., 14620, 473-2200

Highland Family Medicine, 885 S. Ave. Roc., 14620, 442-7470

Hillside Children's Center, 256-7500 (24 Hrs)

1183 Monroe Ave., Roch., 14620, 256-7575

Alternatives for Independent Youth

1337 E. Main Street, Rochester, NY 14609, 654-4414

Huther-Doyle Prevention Services, 381-4810

(Prevention Partners) www.psquared.org

333 W. Commercial St, Suite 3000, East Rochester, NY 14445

I

IBERO American Action League, Inc.

817 E. Main Street, Rochester, NY 14605, 256-8900

Irondequoit Youth Bureau, 336-7267

154 Pinegrove Ave, Roch, 14617 (e-mail: iyb@irondequoit.org)

J

Jewish Family Services of Rochester

441 East Avenue, Rochester, NY 14607, 461-0110

105

Job Corps, 25 Franklin St, Roch, 14604, 454-5130

K

KATS, Kids Adjusting Through Support (see Camp Good Days & Special Times)

L

LDA Life & Learning Services (formerly Learning Disabilities Assn.) 339 East Avenue, Rochester 14604, 263-3323

Legal Aid Society, 65 Broad Street, Roch., 14614, 232-4090

LIFE LINE, 275-5151, 275-2700 (TDD*)

M

Mental Health Association

339 East Avenue, Suite 201, Roch., 14607, 325-3145

Mercy Outreach Center, 288-2634

Mercy Residential Services, 254-2175

Metro Council for Teen Potential

585 Joseph Avenue, Rochester, NY 14605, 325-8123

Monroe Community College

1000 E. Henrietta Rd, Roch, 14623, 292-2000

Stage, GED Prep., 228 E. Main St, Roch, 14604, 262-1683

Monroe County, www.monroecounty.gov

Board Of Elections, 39 W Main St, Roch, 14614, 428-4550,

428-2390 (TDD)

Human and Health Serv., 111 Westfall Rd., Roch 14620, 274-6000

Dept. of Public Health, 691 St. Paul Blvd, Roch, 14605, 530-5437

STD Clinic, 855 W. Main St., Roch, 14611, 464-5928

Legal Assistance Prog., 80 St. Paul, S 700, Roch., 14604, 325-2520

Public Defender, 19 N Fitzhugh St, Roch., 14614, 428-5210

106

Montgomery Neighborhood Center

10 Cady Street, Rochester, NY 14608, 436-3090

N

National Center for Missing Exploited Children, 242,0900

National Council on Alcoholism and Drug Dependence

1 Mount Hope Avenue, Rochester, NY 14620, 423-9490

Native American Cultural Center

1344 University Ave. Suite 230, Roch., 14607, 442-1100

New York Civil Liberties Union - Genesee Valley Chapter

121 N. Fitzhugh Street, Rochester, NY 14614, 454-4334

NYS Department of Health

42 South Washington Street, Rochester, NY 14608, 423-8042

NYS Education Department, Office of Vocational Rehab.

Services for Individuals with Disabilities (VESID)

109 S. Union St., Roch., 14607, 238-2900, 325-6278 (TDD*)

O

Oak Orchard Community Health Center

300 West Avenue, Brockport, NY 14420, 637-5319

P

Parents and Friends of Lesbians and Gays, 234-0156

Park Ridge Mental Health Center

1555 Long Pond Rd, Roch., 14626, 723-7750

81 Lake Ave, Roch, 14608, 235-4900

80 West Ave., Brockport, 14420, 637-6822

Park Ridge Youth Outreach Programs

59 Henry Street, Hilton NY 14468, 392-5945

3430 Union St., Spencerport, NY 14559, 352-3050

107

Pittsford Youth Services

35 Lincoln Ave., Pittsford, 14534, 248-6299

Planned Parenthood of Rochester/Syr., 1-866-600-6886

114 University Avenue, Rochester, NY 14605, 546-7582 (TTY*)

Project CONECTS, City of Rochester, 428-6816

30 Church Street, Rochester, 14614

Metro Council for Teen Potential

585 Joseph Ave, Roch., 14605, 325-8123

Puerto Rican Youth Development and Resource Center

997 N. Clinton Avenue, Rochester, NY 14621, 325-3570

Q-R

Rape Crisis Service of Planned Parenthood, 546-2777

114 University Avenue, Roch., 14605, 546-7582 (TTY*)

Regional Early Childhood Direction Center

601 Elmwood Ave., Rochester, NY 14642, 275-2263

Regional Transit Service (RTS) (www.rgta.com)

1372 E. Main Street, Rochester, NY 14609, 654-0200

Respite Cares, Heritage Homes

349 W. Commercial St, E. Rochester, 14445, 381-8065

Rochester Assoc. for the Education of Young Children

249 Highland Avenue, Rochester, NY 14620, 442-3380

Rochester Center for Independent Living

1641 East Ave., Rochester, NY 14620, 442-6470

Rochester City School District

(see City School District)

Rochester General Hospital

1425 Portland Avenue, Rochester, NY 14621, 922-4000

108

Rochester Mental Health Center

490 E. Ridge Rd., Rochester, NY 14621, 922-2500

Rochester Public Library, 428-7300

www.libraryweb.org See List on pages 53-54

Rochester Rehab Center, Men's Educ for Non-Viol.

1000 Elmwood Ave., Rochester, NY 14620, 271-5842

Rochester Step Off Educational Foundation, 295-1840

www.rochesterstepoff.org

Rochester Works!

34 St. Paul St., Rochester, NY 14604, 258-3500

S

St. Mary's Hospital

89 Genesee Street, Rochester, NY 14611, 723-7000

Salvation Army

70 Liberty Pole Way, Rochester, NY 14604, 987-9540

Genesis House Youth Shelter, 235-2660 (24 hours/7 days)

Samaritan Pastoral Counseling Center

935 E. Henrietta Road, Rochester, NY 14607, 473-2671

Sanctuary House, 277-7550

Sierra Club/Rochester Regional Group

P.O. Box 39516, Rochester, NY 14614, 987-9282

Society for the Protection and Care of Children

148 South Fitzhugh Street, Rochester, NY 14608, 325-6101

Southwest Family Resource Center

330 Wellington Ave., Rochester, NY 14619, 436-0370

Southwest YMCA

597 Thurston Rd., Rochester, NY 14619, 436-0370

109

Strong Memorial Hospital

601 Elmwood Avenue, Rochester, NY 14642, 275-2100

Adol. Eating Disorders Program, 601 Elmwood Ave, 275-2964

Child/Adol. Serv., 2180 N Clinton, Roch, 14618, 275-3522

Family Therapy Serv., 300 Crittenden Blvd., Roch., 14642, 275-3535

Women's Health Serv., 601 Elmwood Ave. Roch. 14642, 275-2691

Substance & Alcohol Intervention Services for the Deaf

R.I.T., 115 Lomb Memorial Drive, Roch., 14623-5608, 475-4978

T

TAPSS (Teen Parent Support System), of SPCC

148 S. Fitzhugh St., Roch., 14608, 325-6101

The Family Place (Family Resource Centers)

215 Lyell Avenue, Rochester, NY 14608, 458-4100

Threshold Center for Alternative Youth Svcs.

80 St. Paul Street, Suite 400, Roch. 454-7530

Tough Love, Rochester (Call Life Line), 275-5151

U

United Way of Greater Rochester

75 College Ave., Rochester, NY 14607, 242-6400

Unity Health System, www.unityhealth.org

Brockport Mental Health, 637-6822

Evelyn Brandon Health Center, 368-6900

Park Ridge Mental Health, 723-7750

Genesee Street Outpatient Mental Health, 368-6550

Urban League of Rochester

265 N. Clinton Avenue, Rochester, 14605, 325-6530

110

V

Via Health System

Genesee Mental Health, 922-7250

224 Alexander Street, Rochester, 14607

Rochester Mental Health, 922-2500

490 E. Ridge Road, Rochester, 14621

Volunteer Legal Services Project

80 St. Paul Street, Rochester, NY 14604, 232-3051

Volunteers of America

214 Lake Avenue, Rochester, NY 14608, 647-1150

W

Westside Health Services, Inc

Brown Health Service, 175 Lyell Ave., Rochester,
14608, 254-6480

Woodward Health Center, 480 Genesee Street,
Rochester, 14611, 436-3040

Women's Place, 436-5452

Y

YMCA of Greater Rochester

144 East Main Street, Rochester, NY 14606, 546-5500

Youth to Youth, Huther Doyle Prevention Services

333 W. Commercial St, Suite 3000, E. Rochester
14445, www.psquared.org, 381-4810

Youth Advocacy (Legal Aid Society)

65 Broad Street, Rochester, NY 14614, 232-4090

111

YWCA of Rochester and Monroe County

School Age Parents Program/Project CONECTS

30 Hart, St, Rochester, 14605, 546-5820

Stepping Stone Drug Treatment

175 N. Clinton Ave., Rochester, 14604, 546-5820

Women and Children Emergency Housing Shelter
546-5820

Women's Employment Services, 546-5820

Young Parent Support Services, 546-5820

112

NOTES

113

NOTES

NOTES

114

115

NOTES

NOTES

116

117

NOTES

NOTES

118

119

NOTES

NOTES

120